

FITNESS SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



**RESTORATIVE
STRETCH
& FLOW**

8 AM



DANCE
HIGH-ENERGY
CARDIO

8 AM



RESET
IMMERSIVE
SENSORY EXPERIENCE
FOR THE BODY

8 AM

*LATE ENTRY NOT PERMITTED



MAT PILATES
INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

8 AM



WERK
RESISTANCE &
WEIGHT SCULPTING

8 AM



CORE
BREATHING, BRACING
& ABDOMINAL TONING

8 AM



WERK
RESISTANCE &
WEIGHT SCULPTING

8 AM



MAT YOGA
INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

9:15 AM



DANCE
HIGH-ENERGY
CARDIO

9:15 AM



DANCE
HIGH-ENERGY
CARDIO

9:15 AM



HIIT
HIGH-INTENSITY
INTERVAL TRAINING

11:00 AM



HIIT
HIGH-INTENSITY
INTERVAL TRAINING

11:00 AM

FITNESS CENTER

FONTAINEBLEAU
LAS VEGAS