

FITNESS SCHEDULE

WEEK OF THURSDAY OCTOBER 29, 2026 – WEDNESDAY NOVEMBER 4, 2026

MONDAY
OCTOBER 12

TUESDAY
OCTOBER 13

WEDNESDAY
OCTOBER 22

THURSDAY
OCTOBER 23

FRIDAY
OCTOBER 24

SATURDAY
OCTOBER 10

SUNDAY
OCTOBER 11

6AM



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

6AM



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

6AM



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

6AM



EMPOWER

STRENGTH &
BODYWEIGHT TRAINING

6AM



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

6AM



YIN YOGA

DEEP STRETCH
TOTAL RECOVERY

8AM



**BARRE
CLASS**

STRENGTH, POISE
ENDURANCE

8AM



DANCE

HIGH-ENERGY
CARDIO

8AM



YIN YOGA

DEEP STRETCH
TOTAL RECOVERY

8AM



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

8AM



DANCE

HIGH-ENERGY
CARDIO

8AM



CORE

BREATHING, BRACING
& ABDOMINAL TONING

8AM



CORE

BREATHING, BRACING
& ABDOMINAL TONING

9:15AM



**RESTORATIVE
STRETCH**

DEEP STRETCH
TOTAL RECOVERY

9:15AM



DANCE

HIGH-ENERGY
CARDIO

9:15AM



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

9:15AM



YIN YOGA

DEEP STRETCH
TOTAL RECOVERY

9:15AM



DANCE

HIGH-ENERGY
CARDIO

9:15AM



DANCE

HIGH-ENERGY
CARDIO

9:15AM



WERK

RESISTANCE &
WEIGHT SCULPTING



FITNESS CENTER

FONTAINEBLEAU LAS VEGAS