FITNESS SCHEDULE

WEEK OF THURSDAY NOVEMBER 12, 2026 – WEDNESDAY NOVEMBER 18, 2026

MONDAY NOVEMBER 16	TUESDAY NOVEMBER 17	WEDNESDAY NOVEMBER 18	THURSDAY NOVEMBER 12	FRIDAY NOVEMBER 13	SATURDAY NOVEMBER 14	SUNDAY NOVEMBER 15
	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