

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



MAT PILATES

INCREASE FLEXIBILITY,
STRENGTHEN, & TONE

8 AM



WERK

RESISTANCE &
WEIGHT SCULPTING

8 AM



RESET

IMMERSIVE
SENSORY EXPERIENCE
FOR THE BODY

9:15 AM

*LATE ENTRY NOT PERMITTED



DANCE

HIGH-ENERGY
CARDIO

9:15 AM



RUN CLUB

SOCIAL CARDIO
AT YOUR OWN PACE

8:30 AM

*OUTSIDE WEST ENTRANCE
FLOATING CAR BY KYU



**RESTORATIVE
STRETCH
& FLOW**

9:15 AM



HIIT

HIGH-INTENSITY
INTERVAL TRAINING

11 AM



HIIT

HIGH-INTENSITY
INTERVAL TRAINING

11 AM

FITNESS CENTER

FONTAINEBLEAU
LAS VEGAS