

Elite Fitness Studio
 111 Union St
 Between Columbia & Van Brunt
 Tel. (718) 596-0006

**All In-Person and Online Attendees MUST
 Schedule Each Class through the Elite
 Fitness App or Web Portal**



Normal Studio Hours:
 Monday - Thursday 5:30am - 10:00pm
 Friday 5:30am - 8:30pm
 Saturday & Sunday 7:00am - 7:00pm

Unless Stated All Classes are 45 Mins

www.efitstudio.co

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30am	7:30am	7:30am	7:30am	7:30am	8:00am	Group Exercise Room Available 7:00am to 9:45am
The Athletes Workout with Terrell <small>(Open Level 45 Min)</small>	Circuit Training with Sean <small>(Open Level 45 Min)</small>	Group Exercise Room Available 5:30am to 8:45am	HIIT Boot Camp with Terrell <small>(Open Level 45 Min)</small>	Cardio Cycling with Josh <small>(Open Level 45 Min)</small>	Power Sculpt with Sean <small>(Open Level 45 Min)</small>	
8:30am	8:30am	9:00am	Group Exercise Room Available 8:30am to 9:15am	8:30am	9:00am	10:00am
Power Sculpt with Terrell <small>(Open Level 45 Min)</small>	Body Burn with Sean <small>(Open Level 45 Min)</small>	HIIT Boot Camp with Terrell <small>(Open Level 45 Min)</small>		Cardio Core Crusher with Terrell <small>(Open Level 45 Min)</small>	HIIT Boot Camp with Sean <small>(Open Level 45 Min)</small>	Vinyasa Yoga with Julia <small>(Open Level 60 Min)</small>
Group Exercise Room Available 9:30am to 5:15pm	9:30am	Group Exercise Room Available 10:00am to 6:15pm	9:30am	Group Exercise Room Available 9:30am to 8:15pm	10:15am	Group Exercise Room Available 11:30am to 6:45pm
	Pilates Mat with Paulina <small>(Open Level 60 Min)</small>		Pilates Mat with Paulina <small>(Open Level 60 Min)</small>		Cardio Cycling with Josh <small>(Open Level 45 Min)</small>	
5:30pm	Group Exercise Room Available 10:30am to 6:15pm	Group Exercise Room Available 10:30am to 6:15pm	Group Exercise Room Available 10:30am to 6:15pm		Group Exercise Room Available 11:00am to 6:45pm	
Vinyasa Yoga with Julia <small>(Open Level 60 Min)</small>						
6:30pm	6:30pm	6:30pm	6:30pm	<p>3 Months Free as Simple as 1-2-3</p> <div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; text-align: center;"> <p>1 Refer a Friend*</p> </div> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; text-align: center;"> <p>2 They Join Elite Fitness</p> </div> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; text-align: center;"> <p>3 You Earn 3 Months Free on US**</p> </div> </div>		
TRX & Conditioning with Terrell <small>(Open Level 45 Min)</small>	Interval Training with Victor <small>(Open Level 45 Min)</small>	Cardio Cycling with Stephanie <small>(Open Level 45 Min)</small>	TRX & Conditioning with Terrell <small>(Open Level 45 Min)</small>			
7:30pm	Group Exercise Room Available 11:00am to 6:15pm	7:30pm	7:30pm			
HIIT Boot Camp with Terrell <small>(Open Level 45 Min)</small>		Power Sculpt with Stephanie <small>(Open Level 45 Min)</small>	Kettlebell & Conditioning with Terrell <small>(Open Level 45 Min)</small>			