

Elite Fitness Studio  
 111 Union St  
 Between Columbia & Van Brunt  
 Tel. (718) 596-0006  
 Updated July 5th, 2017  
 Unless Stated All Classes are 60 Mins



efitstudio.co

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am	6:00am	6:30am	6:00am	6:30am	9:00am	9:30am
<b>Total Body Cycling</b> (45 Min)	<b>Elite Defender</b>	<b>Cycling</b> (45 Min) Starting August 9th	<b>Elite Defender</b>	<b>Total Body Cycling</b> (45 Min)	<b>Pilates Mat</b>	<b>Total Body Conditioning</b>
7:15am	7:00am		7:00am	7:15am	10:00am	10:30am
<b>BoSU Boot Camp</b> (45 Min)	<b>Mixed Movement Mornings</b>		<b>Mixed Movement Mornings</b>	<b>Rope Burn</b> (45 Min)	<b>TRX</b>	<b>Open Yoga</b> (Open Level 75 Min)
9:30am	9:30am	9:15am	9:30am	9:30am	10:30am	6:15pm
<b>Pilates Mat</b>	<b>Shake, Rattle &amp; Tone</b>	<b>Alignment Based Yoga</b> (Open Level)	<b>TRX/Core &amp; Kettle Bells</b>	<b>Total Body Cycling</b>	<b>Cycling</b>	
<b>Studio Space Available</b> Monday - Friday 3:30pm to 6:30pm	<b>Studio Space Available</b> Monday - Friday 10:30am - 6:00pm	<b>Studio Space Available</b> Monday - Friday 3:30pm to 6:30pm	<b>Studio Space Available</b> Monday - Friday 10:30am - 6:00pm	10:30am <b>Alignment Based Yoga</b> (Open Level 75 Min)	<b>Studio Space Available</b> Monday - Friday 2:00pm - 7:00pm	
6:30pm	7:00pm	6:30pm	6:30pm & 7:30pm	<b>Studio Space Available</b> Monday - Friday 10:30am to 8:30pm	<div style="text-align: center;"> <p><b>3 Months Free as Simple as 1-2-3</b></p> <div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; text-align: center;"> <p><b>1</b></p> <p>Refer a Friend*</p> </div> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; text-align: center;"> <p><b>2</b></p> <p>They Join Elite Fitness</p> </div> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; text-align: center;"> <p><b>3</b></p> <p>You Earn 3 Months Free on Us**</p> </div> </div> </div>	
<b>Open Yoga</b> (Open Level 75 Min)		<b>Open Yoga</b> (Open Level)	<b>Pilates Reformer (Sign Up)</b>			
7:45pm		7:30pm	7:30pm			
<b>Total Body Conditioning</b>		<b>Pilates Mat</b>	<b>Interval Strength Conditioning</b>			