

Elite Fitness Studio
 111 Union St
 Between Columbia & Van Brunt
 Tel. (718) 596-0006
 Updated April 17th, 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
Express Core Training (30 Min)	Express Functional Training (30 Min)	Express TRX (30 Min)	Express Functional Training (30 Min)	Express Kettle Bells (30 Min)	Pilates Mat	Total Body Conditioning
7:00am	7:00am	7:00am	7:00am	7:00am	10:00am	10:30am
Elite Boot Camp	Mixed Movement Mornings Starting May 30th	Elite Boot Camp	Mixed Movement Mornings June 1st	Elite Boot Camp	Express TRX (30 Min)	Open Yoga (Open Level 75 Min)
8:00am		8:00am		8:00am	10:30am	6:15pm
Fit Moms (Group Training - Sign Up)		Fit Moms (Group Training - Sign Up)		Fit Moms (Group Training - Sign Up)	Cycling	
9:30am	9:30am	9:15am	9:30am	9:30am		
Pilates Mat	Shake, Rattle & Tone	Alignment Based Yoga (Open Level)	TRX/Core & Kettle Bells	Total Body Cycling		
	5:45pm		6:30pm	10:30am	<div style="text-align: center;"> <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</p> <p>Refer a Friend*</p> </div> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; text-align: center;"> <p>2</p> <p>They Join Elite Fitness</p> </div> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; text-align: center;"> <p>3</p> <p>You Earn 3 Months Free on Us**</p> </div> </div> </div>	
	Abs, Legs & Assets (45 Min)		Cycling	Alignment Based Yoga (Open Level 75 Min)		
6:30pm	6:30pm	6:30pm	6:30pm & 7:30pm	Studio Space Available		
Open Yoga (Open Level 75 Min)	TRX Boot Camp	Open Yoga (Open Level)	Pilates Reformer (Sign Up)	Monday - Friday 3:30pm to 6:30pm		
7:45pm	7:30pm	7:30pm	7:30pm			
Total Body Conditioning	Total Body Cycling (45 Min)	Pilates Mat	Interval Strength Conditioning			