

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](http://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>	Elite Boxing with Sean <small>(Open Level 45 Min)</small>	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 75 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 11:00am to 6:45pm	
Vinyasa Yoga with Julia <small>(Open Level 60 Min)</small>						
6:30pm	6:30pm	6:30pm	6:30pm		<div>REFER a FRIEND!</div> <div>3 Months Free as Simple as 1-2-3</div> <div><div>1 Refer a Friend*</div><div>2 They Join Elite Fitness</div><div>3 You Earn 3 Months Free on US**</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>			