

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

**All Online Attendees MUST Schedule
 Each Class Through the
 Elite Fitness App**



www.efitstudio.co

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 60 Mins

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am	8:00am	9:00am	8:00am	8:00am	Find your reason...	
Pure Strength with Sonny (Open Level 45 Min)	Abs & Arms with Sonny (Open Level 45 Min)	HIIT Boot Camp with Jennifer (Open Level 45 Min)	Body Burn Basic with Sonny (Open Level 45 Min)	HIIT Boot Camp with Sonny (Open Level 45 Min)		
9:00am	9:00am	10:00am	9:00am	9:00am	9:00am	9:00am
HIIT Boot Camp with Sonny (Open Level 45 Min)	Legs, Butts & Thighs with Sonny (Open Level 45 Min)	In-Home Power Sculpting Interval Training with Jennifer (Open Level 45 Min)	Stretched with Sonny (Open Level 45 Min)	Body Burn Basic with Sonny (Open Level 45 Min)	HIIT Boot Camp with Jennifer (Open Level 45 Min)	Pilates Mat with Paulina (Open Level 60 Min)
10:00am	10:00am	10:00am	10:00am	Online Video Recording Room Available 5:30am to 8:30pm	10:00am	10:00am
Vinyasa Yoga with Julia (Open Level 60 Min)	Pilates Mat with Paulina (Open Level 60 Min)	Vinyasa Yoga with Julia (Open Level 60 Min)	Pilates Mat with Paulina (Open Level 60 Min)		Cardio Ab Blaster with Jennifer (Open Level 45 Min)	Vinyasa Yoga with Shannon (Open Level 90 Min)
12:00pm	Online Video Recording Room Available 5:30am to 8:45am & 11:15am to 6:15pm	12:00pm	4:00pm		11:00am	Online Video Recording Room Available 12:00pm to 7:00pm
Abs & Arms with Sonny (Open Level 45 Min)		Legs, Butts & Thighs with Sonny (Open Level 45 Min)	Tabata Heat with Terrell (Open Level 45 Min)	Vinyasa Yoga with Shannon (Open Level 60 Min)		
5:30pm		Online Video Recording Room Available 5:30am to 8:45am & 11:00am to 9:45pm	5:00pm	 3 Months Free as Simple as 1-2-3		
Cardio Blast with Terrell (Open Level 45 Min)	Abs/Stretch with Terrell (Open Level 45 Min)		6:30pm			
6:30pm	6:30pm		6:30pm			
Abs/Stretch with Terrell (Open Level 45 Min)	Bodyweight Interval Training with Victor (Open Level 45 Min)		Vinyasa Yoga with Shannon (Open Level 60 Min)			