

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 (Open Level 45 Min)	Circuit Training with Antonio (Open Level 45 Min)	Elite Boxing with Antonio (Open Level 45 Min)	HIIT Boot Camp with Terrell (Open Level 45 Min)	Cardio Cycling with Josh (Open Level 45 Min)	Power Sculpt with Antonio (Open Level 45 Min)	
8:30am	8:30am	9:00am	Group Exercise Room Available 8:30am to 9:15am AND 10:30am to 5:15pm	8:30am	9:00am	10:00am
Power Sculpt with Terrell (Open Level 45 Min)	Body Burn with Antonio (Open Level 45 Min)	HIIT Boot Camp with Terrell (Open Level 45 Min)		Cardio Core Crusher with Terrell (Open Level 45 Min)	HIIT Boot Camp with Antonio (Open Level 45 Min)	Vinyasa Yoga with Julia (Open Level 75 Min)
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 + Foam Roll with Paulina (Open Level 60 Min)		Pilates + Foam Roll with Paulina (Open Level 60 Min)		Cardio Cycling with Josh (Open Level 45 Min)	
5:30pm	Group Exercise Room Available 10:30am to 6:15pm	5:30pm	Group Exercise Room Available 11:00am to 6:45pm			
Vinyasa Yoga with Julia (Open Level 60 Min)		Abs & Stretch with Terrell (Open Level 45 Min)				
6:30pm	6:30pm	6:30pm	6:30pm			
TRX & Conditioning with Terrell (Open Level 45 Min)	Interval Training with Victor (Open Level 45 Min)	Cardio Cycling with Stephanie (Open Level 45 Min)	TRX & Conditioning with Terrell (Open Level 45 Min)			
7:30pm	Group Exercise Room Available 7:30pm to 9:45pm	7:30pm	Group Exercise Room Available 7:30pm to 9:45pm			
HIIT Boot Camp with Terrell (Open Level 45 Min)		Power Sculpt with Stephanie (Open Level 45 Min)				
<div>REFER a FRIEND!</div> <div>3 Months Free as Simple as 1-2-3</div> <div><div>1</div>Refer a Friend*</div> <div><div>2</div>They Join Elite Fitness</div> <div><div>3</div>You Earn 3 Months Free on US**</div>						