

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**



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.effitstudio.co

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>7:30am</b>	<b>7:30am</b>	<b>7:30am</b>	<b>7:30am</b>	<b>7:30am</b>	<b>8:00am</b>	<b>9:00am</b>
<b>In-Person Only The Athletes Workout with Terrell</b> (Open Level 45 Min)	<b>In-Person Only Circuit Training with Sean</b> (Open Level 45 Min)	<b>In-Person Only Cardio Cycling with Jon</b> (Open Level 45 Min)	<b>In-Person Only HIIT Boot Camp with Terrell</b> (Open Level 45 Min)	<b>In-Person Only Cardio Cycling with Jon</b> (Open Level 45 Min)	<b>In-Person Only Power Sculpt with Sean</b> (Open Level 45 Min)	<b>In-Person Only Pilates Mat with Paulina</b> (Open Level 60 Min)
<b>8:30am</b>	<b>8:30am</b>	<b>9:00am</b>	<b>Group Exercise Room Available 8:30am to 9:45am</b>	<b>Group Exercise Room Available 8:30am to 8:15pm</b>	<b>9:00am</b>	<b>10:00am</b>
<b>In-Person Only Power Sculpt with Terrell</b> (Open Level 45 Min)	<b>In-Person Only Body Burn with Sean</b> (Open Level 45 Min)	<b>In-Person Only HIIT Boot Camp with Terrell</b> (Open Level 45 Min)			<b>In-Person Only HIIT Boot Camp with Sean</b> (Open Level 45 Min)	<b>Online Only Vinyasa Yoga with Shannon</b> (Open Level 90 Min)
<b>10:00am</b>	<b>10:00am</b>	<b>10:00am</b>			<b>10:15am</b>	<b>Group Exercise Room Available 10:00am to 6:45pm</b>
<b>Group Exercise Room Available 9:30am to 6:15pm</b>	<b>In-Person Only Pilates Mat with Paulina</b> (Open Level 60 Min)	<b>Group Exercise Room Available 10:00am to 6:15pm</b>			<b>In-Person Only Pilates Mat with Paulina</b> (Open Level 60 Min)	
<b>6:30pm</b>	<b>6:30pm</b>	<b>6:30pm</b>	<b>6:30pm</b>	<b>6:30pm</b>	<b>Group Exercise Room Available 11:00am to 6:45pm</b>	
<b>In-Person Only TRX Conditioning with Terrell</b> (Open Level 45 Min)	<b>In-Person Only Bodyweight Interval Training with Victor</b> (Open Level 45 Min)	<b>In-Person Only Rhythm Ride with Stephanie</b> (Open Level 45 Min)	<b>In-Person Only TRX Conditioning with Terrell</b> (Open Level 45 Min)			
<b>7:30pm</b>	<b>Group Exercise Room Available 11:00am to 6:15pm</b>	<b>7:30pm</b>	<b>7:30pm</b>	<p><b>3 Months Free as Simple as 1-2-3</b></p> <p><b>1</b> Refer a Friend**</p> <p><b>2</b> They Join Elite Fitness</p> <p><b>3</b> You Earn 3 Months Free on US**</p>		
<b>In-Person Only HIIT Boot Camp with Terrell</b> (Open Level 45 Min)		<b>In-Person Only Hardcore Body Barre with Stephanie</b> (Open Level 45 Min)	<b>In-Person Only Kettlebell &amp; Conditioning with Terrell</b> (Open Level 45 Min)			