

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**



SCAN ME

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 Mat with Paulina (Open Level 60 Min)		Pilates Mat 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			<b>3 Months Free as Simple as 1-2-3</b>
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			
Abs & Stretch with Terrell (Open Level 45 Min)		Power Sculpt with Stephanie (Open Level 45 Min)				

<b>1</b> Refer a Friend*	<b>2</b> They Join Elite Fitness	<b>3</b> You Earn 3 Months Free on US**
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