

# Elite Fitness Class Timetable

## \* October 2009 \*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06.45 - 07.30	Spinning - All Terrain		Spinning - Rock 'n' Ride			
09.30 - 10.30		Balance	Body Sculpt			
10.00 - 11.00				SGT: Total Body (£)		SpinningAbs
11.00 - 12.00						
12.30 - 13.15	Spinning - All Terrain					
12.30 - 13.30						
13.30 - 15.00	BoxFit					
17.30 - 18.15						
17.45 - 18.30		Spinning - Rock 'n' Ride				
17.45 - 19.00			Yoga with Tori			
18.00 - 18.45					Sweaty Fitball	
18.00 - 19.00	SGT: Fat Burning (£)			Pump Elite		
18.30 - 19.30	Boot Camp (gym floor)	Pump Elite	Women's Only Boxing	SGT: Power (£)		
	Boxfit					
	Pole Fitness (£)					
19.00 - 20.00	Balance	Krav Maga (£)		Krav Maga (£)		
19.00 - 19.30				Body Blast		
19.15 - 20.15			Pole Fitness (£)			

**Spinning - All Terrain:** Let us take you on a journey sprinting down through the valleys and working up the hills all to the latest tunes!

**Spinning - Rock 'n' Ride:** A journey up the Rockies, into the Alps, through the Grand Canyon and up Snowdonia - even Caerphilly Mountain.

**SpinningAbs:** 60 minutes of fast cardio work with some express abs exercises thrown in - burn that fat and train that 6 pack all in one class.

**Pump Elite:** Tone up those legs, bums, and bingo wings with this fun workout using weights and music.

**BoxFit:** Box your way to fitness with this boxing circuit including abs and legs just to finish you off at the end!

**Womens Only Boxing:** Exactly what it says on the can - Learn how to Jab, Hook and Uppercut with Jason.

**Body Blast:** 30 minutes to tone your zones - Abs, Bums and Legs are hit the most!

**Sweaty Fitball:** Spend 45 minutes getting stronger, fitter and leaner using the infamous Fitball.

**Balance:** This mixture of Tai Chi, Pilates and Yoga will leave you feeling long, strong and relaxed.

**Yoga with Tori:** Tori introduces Yoga back to Elite. Enjoy her style that draws influence from Ashtanga, Iyenger and Ying Yang. Tori uses her well-honed skills to make this class appealing to everyone from beginner to advanced.

**Pole Fitness (£):** Let Donna teach you how to spin and slide around the pole perfect for toning, strength, flexibility and confidence.

**Krav Maga (£):** Dave continues at his old best teaching this self defence based class used commonly in the Israeli police force.

**SGT Starts 26<sup>th</sup> October 2009**

**The Stepping Stone Between Classes and Personal Training**

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**Non-members are welcome to classes at a fee of £4**  
Please phone ahead to book your place in class  
Please be responsible with your class bookings  
No Shows will not be allowed to book for the following week  
It is up to the instructors' discretion for late arrivals to join class