



NEW CLASS TIMETABLE

Time	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
6:45 - 7:30	Met Con	Met Con		Met Con	Met Con		
9:15 - 10:00						Met Con	Spin Pat
9:30 - 10:30	Met Con		Met Con	Met Con			
10:00 - 11:00		Hot Yoga <i>Tori</i>				Hot Yoga <i>Guest Instructor</i>	
EVENING CLASSES							
18:00 - 19:00	Hot Yoga <i>Rae</i>	Spin <i>Kelly</i>		Spin <i>Kelly</i>			
	Met Con						
18:30 - 19:30			Met Con	Womens only Boxfit	Lift More		
19:30 - 20:30		Hot Yoga <i>Rae</i>	Hot Yoga <i>Sarah</i>	Hot Yoga <i>Emma</i>			
		Boxing, Pads & Bags					

Book classes online at www.elitefitness.co.uk or phone 029 2055 5272

CLASS CREDITS CAN BE USED ACROSS ANY CLASS SHOWN IN THE TIMETABLE NON-MEMBERS ARE WELCOME AT 1 X CLASS CREDIT FOR £7.50 OR 10 X CLASS CREDITS FOR £60.

 Elite Fitness CF5

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