



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	Spinning Pat
9.30 - 10.30	Met Con	Hot Yoga Tori	Spinning Kelly	Met Con	Boxfit		
10.00 - 11.00						Hot Yoga Scarlett	
EVENING CLASSES							
18.00 - 19.00	Met Con		Hot Yoga Dan				
	Hot Yoga Dan	Spinning Kelly					
18.30 - 19.30	Spinning	Fight Club	Met Con	Boxfit			
19.00 - 20.00	Met Con						
19.30 - 20.30	Handstands Dan	Hot Yoga Rae		Spinning Kelly			
		Sparring & Bag Work		Hot Yoga Emma			
				Fight Club			

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.