



# 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
10.00 - 11.00		Hot Yoga   <i>Tori</i>			Hot Yoga   <i>Simon</i>	Hot Yoga   <i>Guest Instructor</i>	
10.00 - 11.30							Monthly Yoga workshop   <i>Guest Instructor</i>
EVENING CLASSES							
18.00 - 18.45		Spin   <i>Kelly</i>					
18.00 - 19.00	Hot Yoga   <i>Rae</i>						
	Met Con						
18.30 - 19.15	Spin   <i>Ross</i>						
18.30 - 19.30			Met Con	Boxing: BoxFit			
19.30 - 20.30	Hot Yoga   <i>YogiP</i>	Boxing: Bags & Pads	Hot Yoga   <i>Cathryn</i>	Hot Yoga   <i>Gemma</i>			
		Hot Yoga   <i>Rae</i>	Boxing: Skills & Drills				

Book classes online at [www.elitefitness.co.uk](http://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.