



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				
10.00 - 11.00						Hot Yoga	
E V E N I N G C L A S S E S							
18.00 - 19.00	Met Con	Spin Kelly	Hot Yoga Dan	Spin Kelly			
	Hot Yoga Kristina						
18.30 - 19.30			Met Con	Boxfit	Lift More		
19.30 - 20.30		Hot Yoga Rae		Hot Yoga Emma			

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

@EliteFitnessCF5

@EliteFitnessCF5