

**ELITE FITNESS STUDIOS**  
 The Old Library, 13 Kirk Loan, Corstorphine, Edinburgh, EH12 7HD. 0845 643 0617  
 Fitness Class Timetable

**MONDAY**

TIME	CLASS	INSTRUCTOR
07:15 - 08:00	Spin Cycle	Richard
17:30 - 18:15	Spin Cycle	Richard
18:25 - 19:25	Body Pump	Richard
19:30 - 20:15	Elite Toning	Craig
20:20 - 21:00	Tabata	Craig

**TUESDAY**

TIME	CLASS	INSTRUCTOR
17:30 - 18:25	Spin & Abs	Nicola
18:30 - 19:30	LBT	Nicola
19:40 - 20:30	Circuit Challenge	Craig
20:30 - 21:00	Abs Blast	Craig

**WEDNESDAY**

TIME	CLASS	INSTRUCTOR
09:30 - 10:15	Spin Cycle	Richard
17:15 - 18:00	Body Pump	Richard
18:15 - 19:00	Spin Cycle	Richard
18:15 - 19:15	10:1 Gym Time	Craig
19:15 - 20:15	LBT	Shallon

**THURSDAY**

TIME	CLASS	INSTRUCTOR
07:15 - 08:00	Core Circuit	Craig
18:10 - 19:10	Body Step	Nicola
19:15 - 20:15	Body Pump	Nicola
20:20 - 21:00	Stretch & Abs	Nicola

**FRIDAY**

TIME	CLASS	INSTRUCTOR
07:15 - 08:00	Spin Cycle	Nicola

**SATURDAY**

TIME	CLASS	INSTRUCTOR
09:00 - 09:45	Spin Cycle	Richard
09:00 - 10:00	10:1 Gym Time	Iain
10:00 - 11:00	Body Pump	Richard
11:10 - 12:10	LBT	Shallon

**SUNDAY**

TIME	CLASS	INSTRUCTOR
09:15 - 10:15	Freestyle Calorie Burn	Jean
10:30 - 11:30	Elite Mind & Body Workout	Jean