












	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
						7:15am-8:15am		
	INDOOR CLASSES							
	9:00am-9:30am <b>LES MILLS sprint</b> <i>Patty Bangs</i>		7:30am 8:30am <b>LES MILLS BODYPUMP™</b> <i>Laura Tweedy</i>		9:00am-9:30am <b>LES MILLS sprint</b> <i>Maureen Toscano</i>	8:30am-9:25am <b>LES MILLS BODYPUMP™</b> <i>Laura Jamison</i>		
		11:00am-11:55pm Easy Fit Strength Training <i>Carolina/Maureen</i>		11:00am- 11:55am Chair Yoga <i>Elissa Rosenthal</i>				
						<p style="text-align: center;"><b>Elite Health and Fitness Center</b> 1519 Central St. , Stoughton, MA 02072 www.elitefitcenter.com 781-297-0979 Come Visit Us!</p> <p style="text-align: center;"><b>CLUB HOURS</b> Monday-Friday: 5:00AM -9:00PM Saturday- Sunday 7:00am- 3:00PM</p>		
	6:00pm-7:00ppm <b>LES MILLS BODYPUMP™</b> <i>Laura Tweedy</i>	6:30pm-7:30pm <b>LES MILLS BODYCOMBAT™</b> <i>Kerry Fajardo</i>	6:35pm-7:05pm <b>LES MILLS sprint</b> <i>Carolina</i>	6:00-7:00pm <b>LES MILLS BODYCOMBAT™</b> <i>Thomas</i>				
								
		VIRTUAL CLASSES VIA ZOOM						
	10AM <b>ZUMBA FITNESS</b> <i>Patricia Biagini</i>	8AM TOTAL BODY STRENGHT <i>Jane Grady</i>	8AM PILATES <i>Maureen Toscano</i>	10AM <b>ELITE BARRE</b> <i>Patricia Biagini</i>	8:30AM YOGA FLOW <i>Lariann</i>	9:30am-10:30am <b>ZUMBA FITNESS</b>		
					10AM Easy Fit			
	5:30PM EASY YOGA FLOW <i>Elissa</i>	6PM 20/20/CARDIO <i>Carolina</i>	5PM GUTS AND BUTTS <i>Jane Grady</i>					
								

Schedules and/or instructors are subject to change without prior notice.



