



Group Training Schedule

Effective Monday January 9th - Sunday March 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	EJ x	EJ Cardio	EJ x	EJ Endurance	EJ Strive		
7:00		EJ Strive			EJ x		
8:00						EJ x	
9:00						EJ Endurance	
10:00						EJ Strive	
11:00	EJ Strive	EJ x	EJ Strive	EJ Cardio	EJ x		
14:00							
17:00	EJ x			EJ Strive			
18:00		EJ x	EJ Cardio	EJ Endurance	EJ x		
19:00		EJ Endurance					

<p>EJ Strive: Fundamental movement challenging Core Stability and Spinal Alignment with high intensity Cardio intervals.</p> <p>EJ Endurance: Muscular Endurance tempo training.</p> <p>EJ Cardio: Cardiovascular training through Interval, Speed and Agility training.</p>	<p>EJX: The culmination of all the EJ Elements phases addressing all elements of functional fitness (Speed, Agility, Strength, Power, Endurance, Movement, Agility, Flexibility, Posture, Stability & Awareness)</p>
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Each class takes place at **Crossroads** (395-507 West Broadway). To book your spot in a class or for further directions, you can contact us:

By Phone: 604-872-8029
By Email: schedule@ejelements.com
In Person: at Crossroads

All Classes are 45 minutes
 Classes can be booked or cancelled online up to 7 days in advance. Cancellations or bookings occurring within 24 hours of a scheduled class time must be made by contacting the Members Services Team directly.
 Please note: This schedule is subject to change.