



ESPA at the Europe Fitness classes commencing 11th to 16th Feb 19

Date/Day		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11th to 16th Feb 19	7:10a m	Pure Spin 1(40 minutes)	ESPA Early Bird	Pure Spin 2(40 minutes)	ESPA Early Bird	Pure Spin 3(40 minutes)	
	11.00 am						
	1:00p m	Circuit Training	Aqua- Fit	TRX	Pump & Sculpt	Fitball	Pure Spin 2(40 minutes)
	5.00p m						Virtual Spinning
	5.30p m				<u>SSC SPIN'&Strength & Conditioning</u>	Pure Spin 1(40 minutes)	
	6.30p m				<u>MECS, Mixed Evening Conditioning Session</u>		
	7.00p m	Virtual Spin	Virtual Spin	Virtual Spin	Virtual Spin	Virtual Spin	Virtual Spin

* Minimum of 4 people for class to commence

***Online Classes are programmed through youtube, this is available at any time, once the studio is available**

* Winter Warmer is a mixed style of all exceries. All Welcome,

*Virtual Spin is available once there is no class in the studio.

* Pilates is a pre paid course

* Strength & Conditioning is a new class designed around building Strength & Total Body Conditioning)