



ESPA at the Europe Fitness classes commencing 14th- 19th Jan 19

Date/Day		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14th-19th Jan 19	7:10a m	Pure Spin (40 minutes)		Winter Warmer	Pure Spin (40 minutes)	Winter Warmer	
	11.00 am						
	1:00p m	Circuits		TRX	Pump & Sculpt		
	5.00p m						Virtual Spinning
	5.30p m			Pure Spin (40 minutes)	Pure Spin (40 minutes)		
	6.30p m			Pilates 1 of 4			
	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 exercises. All Welcome,
- * Virtual Spin is available once there is no class in the studio.
- * Pilates is a pre paid course
- * Blue Classes are a 5.30 & 6.30 pm Start time