



ESPA at the Europe Fitness classes commencing 17th-22nd Dec 18

| Date/Day | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------|----------|----------------------------|-------------------------|-------------------------|----------------------------|-------------------------|------------------|
| 17th-22nd Dec 18 | 7:10a m | Pure Spin 1(40 minutes) | Winter Warmer | Pure Spin 2(40 minutes) | Winter Warmer | Pure Spin 3(40 minutes) | |
| | 11.00 am | | | | | | |
| | 1:00p m | Circuit Training | Aqua- Fit | TRX | Pump & Sculpt | Fitball | Virtual Spinning |
| | 5.00p m | | | | | | Virtual Spinning |
| | 5.30p m | Pure Spin 1(40 minutes) | Pure Spin 2(40 minutes) | Pure Spin 3(40 minutes) | Pure Spin 4(40 minutes) | Pure Spin 5(40 minutes) | |
| | 6.30p m | Mixed Evening Conditioning | Box- Fit | *Pilates 3 of 4 | Mixed Evening Conditioning | | |
| | 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