



**ESPA at the Europe Fitness classes commencing 07th-12 th Jan 19**

Date/Day		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07th-12 th Jan 19	7:10a m	Pure Spin (40 minutes)	Winter Warmer	Pure Spin (40 minutes)	Winter Warmer	Pure Spin (40 minutes)	
	11.00 am						
	1:00p m	Circuits	Aqua Aerobics	TRX	Pump & Sculpt	Fitball	
	5.00p m						Virtual Spinning
	5.30p m	Virtual Spin	Pure Spin (40 minutes)	Pure Spin (40 minutes)			
	6.30p m		Box- Fit	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