



ESPA at the Europe Fitness classes commencing Monday 21st to Saturday 26th October

Date/Day		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Monday 21st to Saturday 26th October	<u>7am</u>	Pure Spin 1	ESPA Early Bird	Pure Spin 2	ESPA Early Bird	Pure Spin 3	
	<u>11.00 am</u>						
	<u>1:00p m</u>	Circuit Training	Pump and Sculpt		Circuit Training	*MLS.. Mixed Lunchtime Session	Lunchtime Spinning
	<u>5.00p m</u>	Virtual Spinning				Virtual Spinning	Virtual Spinning
	<u>5.30p m</u>	Virtual Spin	Spinning		Spinning		
	<u>6.00p m</u>			Spinning & Kettlebells			
	<u>6.30p m</u>	Virtual Spin	*MECS, Mixed Evening Conditioning Session		*MECS, Mixed Evening Conditioning Session	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

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

***Please note Morning Fitness classes start time 7am**