



**ESPA at the Europe Fitness classes commencing Monday 07th to Saturday 12th October**

Date/Day		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Monday 07th to Saturday 12th 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	Virtual Spinning	Virtual Spinning
	<u>5.30p m</u>	Spinning		Spinning			
	<u>6.30p m</u>						
	<u>7.00p m</u>	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

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

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