

ESPA Fitness Class Schedule

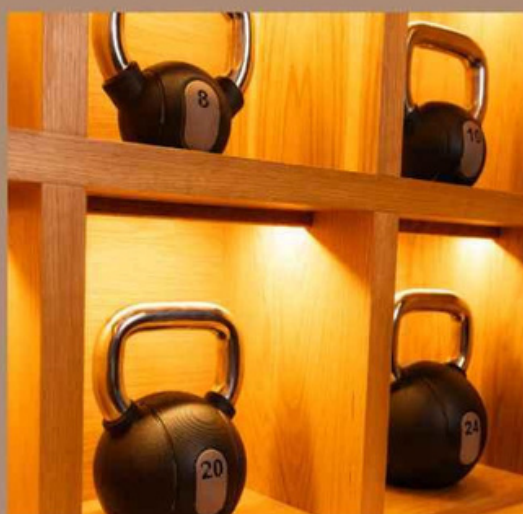


ESPA
— AT THE —
EUROPE

Sample Fitness Schedule

Please contact ESPA at The Europe on [+353 64 667 1333](tel:+353646671333)
for our latest fitness class schedule.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am	Spinning	Conditioning Circuit	Spinning	Lower Body & Core	Upper Body Blast		
8:00am					Virtual Spin		Virtual Spin
10:00am							Virtual Spin
11:00am	Virtual Spin	Virtual Spin	Virtual Spin	Virtual Spin	Virtual Spin		
12:30pm							
1:00pm	Aquafit		Aquafit	Virtual Spin	Virtual Spin		
3:30pm	Conditioning Circuit	Mobility & Core	Spinning	Spinning	Spin Express		
5:30pm		Virtual Spin		Virtual Spin			Virtual Spin
6:30pm	Virtual Spin		Virtual Spin		Virtual Spin		Virtual Spin



Due to demand, all classes have to be pre-booked in advance.
Minimum numbers of 4 people per class

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