

ESPA Fitness Class Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am	Spinning	Strength & Conditioning	Spinning	Strength & Conditioning	Spin & Core		
8:00am							
10:00am						Spin Express	Spin & Core
11:00am	Spin Express	Strength & Skill	Spin Express	Spin & Core	Strength & Skill		
12:30pm					Aqua Fit		
1:00pm	Aqua Fit		Aqua Fit				
5:30pm	Strength & Conditioning	Spinning	Mobility & Core	Spin & Core	Spin Express	Virtual Spin	Virtual Spin
6:30pm	Virtual Spin	YouTube Fitness Class	Virtual Spin	YouTube Fitness Class	YouTube Fitness Class	YouTube Fitness Class	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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