

eforea Spa & Health Club Group Classes Timetable



hrs	MON		TUE	WED		THR	FRI	SAT		
AM										
08:30	VINYASA FLOW Mindfulness Studio -3	SPINNING Fitness Centre -4	BUMS & TUMS Fitness Centre -4	YIN YOGA Mindfulness Studio -3	BOOT CAMP Fitness Centre -4		BEGINNER YOGA Mindfulness Studio -3			
09:30	PILATES Mindfulness Studio -3		FLEXIBILITY Fitness Centre -4	SENIORS FITNESS Mindfulness Studio -3	CARDIO BLAST Fitness Centre -4	FLEXIBILITY Fitness Centre -4	SENIORS FITNESS Mindfulness Studio -3	SWIM ACTIVE Indoor pool -2		
10:30	AQUAGYM Indoor pool -2		STRENGTH COMPLEX Fitness Centre -4	PILATES Mindfulness Studio -3		FUNCTIONAL TRAINING Fitness Centre -4	AQUAGYM Indoor pool -2	CIRCUIT Fitness centre -4		
PM										
17:00	FLEXIBILITY Fitness Centre -4		CIRCUIT Fitness centre -4		STRENGTH COMPLEX Fitness Centre -4		BOOT CAMP Fitness Centre -4		HIIT Fitness centre -4	
18:00	FUNCTIONAL TRAINING Fitness Centre -4		PILATES Mindfulness Studio -3	BOOT CAMP Fitness Centre -4	FLEXIBILITY Fitness Centre -4		PILATES Mindfulness Studio -3	BUMS & TUMS Fitness Centre -4		
19:00	STRENGTH COMPLEX Fitness Centre -4		BEGINNER YOGA Mindfulness Studio -3	CARDIO BLAST Fitness Centre -4	HIIT Fitness centre -4		VINYASA FLOW Mindfulness Studio -3	SPINNING Fitness Centre -4	CIRCUIT Fitness centre -4	
20:00	BUMS & TUMS Fitness Centre -4				FUNCTIONAL TRAINING Fitness Centre -4					

Group Classes

WHICH ONE TO CHOOSE?



BOOT CAMP

Training made to build full body strength and conditioning using just your own bodyweight. This type of training is ideal for beginners to develop full body proprioception and coordination.



CARDIO BLAST

This is full body cardio training with the aim of improving cardiovascular fitness using rowing machine, bicycle and air runner. This is a great way to burn a lot of calories in a short period, with high intensity intervals. It will keep the heart rate high and burn body fat.



AQUAGYM

Repetitive low-impact movements under the water. Impact of water forces the body to work twice as hard as making the same moves on land. Aquagym enables respiratory improvement and improves joint flexibility.



FUNCTIONAL TRAINING

Perfect combination of strength and cardio exercises that prepares you for daily activities. Functional training includes multi-joint movement patterns, which all build your strength and improve your cardiovascular health. It's practical, but also fun.



VINYASA FLOW

Vinyasa is a breath initiated practice that connects every action of our life with the intention of moving towards what is sacred, or most important to us. Through this practice you will move dynamically from one asana to another, following the breath and calming the mind.



YIN YOGA

The yin yoga practice allows you to slow down, relax, and turn inward, which helps alleviate stress and restore your energy levels. Yin yoga also improves flexibility, boosts circulation, and reduces tension.



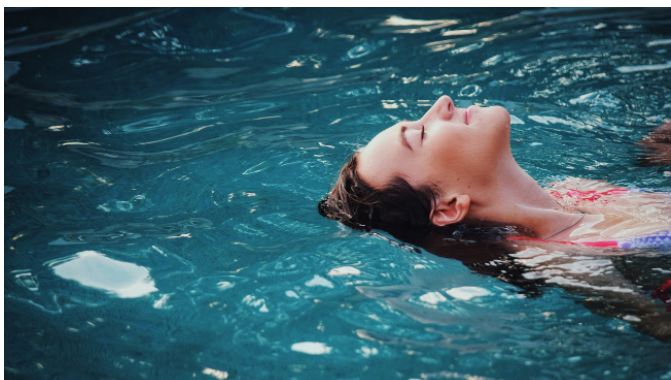
FLEXIBILITY

Make your body your main training tool. Concept based on elastic bands, pilates balls, and bodyweight exercises to improve mobility and flexibility of muscles and joints. This training is focused on basic human movement patterns, through which the efficiency of the body's biomechanics will improve.



STRENGTH COMPLEX

Training focused on learning proper technique of performing strength exercises, and quality of movement. While using kettlebells, barbells and gym equipment you will improve your strength and endurance. By making your body stronger, you will feel more confident and empowered.



SWIM ACTIVE

Training focused on improving swimming skills, balance and breathing techniques in the water. This training will improve your swimming abilities, and make your time in the water more efficient.



SENIORS FITNESS

Group session designed for seniors, who are interested in introducing more physical activity in their everyday life. This exercises will improve your muscle strength, bone density, and protect your heart. This fitness class will include warm up, aerobics, balance, strength, and stretching.



SPINNING

A 30 minute cardio class that will make everyone jump from their seat. This spin bike ride is focused on endurance, strength, various intervals, high intensity and recovery.



BEGINNER YOGA

Gentle, basic slow-paced class with no flow between poses. You will move mindfully to increase the awareness of the body in each posture.



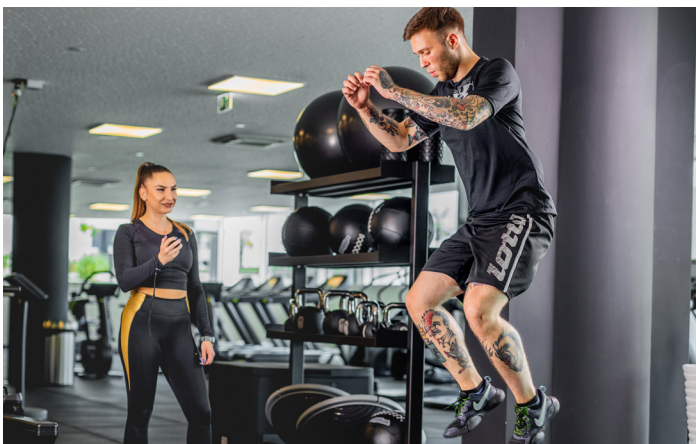
BUMS & TUMS

Bums & Tums is a fun workout with a specific focus on glutes and the abdominal muscles. After this short, but explosive session, the burn is guaranteed.



HIIT

HIIT, or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. It keeps your heart rate up and burns more fat in less time.



CIRCUIT

Circuit training is a combination of six or more exercises performed with short rest periods. Besides improvements in cardiovascular fitness, and muscular strength, circuit training will increase social interaction during the workout, and at the same time boost hormones of joy.



PILATES

Group training that will help you refresh your mind and give you positive energy after a hard day. Light weight exercises will efficiently move your body and improve your performance level. A complete mind and body workout to beat stress and build a balanced body.