



eforea Spa & Health Club Group Classes

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.

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.

COUPLES YOGA

Practice in which two people support each other in poses in a way that enhances posture and builds trust and communication.

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.

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.

FUNCTIONAL TRAINING

A perfect combination of strength and cardio exercises prepares you for daily activities. Functional training includes multi-joint movement patterns, all of which build your strength and improve your cardiovascular health. It's not only practical but also fun.

TECHNOGYM SKILLROW

Improve rowing skills, cardiovascular fitness and total body power with the most advanced indoor rower ever. Join the crew and row towards your goal in an immersive group setting. As soon as you get into the swing of things, every stroke matters.

ZUMBA

Zumba is a dance fitness program that, with Latin rhythms, will take you on a journey that will free your body and mind. Through this type of training, you will indulge in movement that will have a positive effect not only on your cardiovascular system but also on your mood.

SPINEFITT

Concept and intensity of spinal exercises adapted to the people with back pain. Aim is to improve the mobility of spine, eliminating back pain, reducing stress on the spinal discs and joints and improving posture.

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. This type of training gets and keeps your heart rate up and burns more fat in less time.

TECHNOGYM GROUP CYCLE

Feel the excitement rise as you pedal your way to new heights: Group Cycle class gets your heart spinning to the beat of music. Burn calories, have fun!

BUMS & TUMS

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

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 workout, and at the same time boost hormones of joy.

STRENGTH COMPLEX

Training practice focused on learning of a proper technique of performing strength exercises, and quality of the 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.

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.

eforea Spa & Health Club Group Classes Timetable



hrs	MON	TUE	WED	THR	FRI	SAT		
08:00	BEGINNER YOGA Mindfulness Studio -3	FUNCTIONAL TRAINING Fitness Centre -4	YIN YOGA Mindfulness Studio -3	FLEXIBILITY Fitness Centre -4	VINYASA FLOW Mindfulness Studio -3			
09:00	AQUAGYM Indoor pool -2	PILATES Mindfulness Studio -3	FLEXIBILITY Fitness Centre -4	AQUAGYM Indoor pool -2	PILATES Mindfulness Studio -3	STRENGTH COMPLEX Fitness Centre -4	AQUAGYM Indoor pool -2	FUNCTIONAL TRAINING Fitness Centre -4
10:00	SPINEFIT Mindfulness Studio -3		SPINEFIT Mindfulness Studio -3		SPINEFIT Mindfulness Studio -3	HIIT Fitness Centre -4		
17:00	FLEXIBILITY Fitness Centre -4	COUPLES YOGA Mindfulness Studio -3	CIRCUIT Fitness Centre -4	STRENGTH COMPLEX Fitness Centre -4	COUPLES YOGA Mindfulness Studio -3	TECHNOGYM SKILLROW Fitness Centre -4		
18:00	TECHNOGYM GROUP CYCLE Mindfulness Studio -3	ZUMBA Mindfulness Studio -3	FUNCTIONAL TRAINING Fitness Centre -4	FLEXIBILITY Fitness Centre -4	ZUMBA Mindfulness Studio -3	FUNCTIONAL TRAINING Fitness Centre -4		
19:00	STRENGTH COMPLEX Fitness Centre -4	VINYASA FLOW Mindfulness Studio -3	TECHNOGYM SKILLROW Fitness Centre -4	HIIT Mindfulness Studio -3	BEGINNER YOGA Mindfulness Studio -3	BUMS & TUMS Fitness Centre -4	CIRCUIT Fitness Centre -4	
20:00	BUMS & TUMS Fitness Centre -4	PILATES Mindfulness Studio -3	TECHNOGYM GROUP CYCLE Mindfulness Studio -3	PILATES Mindfulness Studio -3				