

# eforea Spa & Health Club Group Classes Timetable



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