

eforea Spa & Health Club Group Classes Timetable



ACTIVE FROM 1.7. UNTIL 31.08.

hrs	MON	TUE	WED	THR	FRI		
07:15	SUNRISE YOGA Beach/Mindfulness Studio -3		SUNRISE YOGA Beach/Mindfulness Studio -3		SUNRISE YOGA Beach/Mindfulness Studio -3		
08:00	PILATES Mindfulness Studio -3	FUNCTIONAL TRAINING Fitness Centre -4	PILATES Mindfulness Studio -3	FUNCTIONAL TRAINING Fitness Centre -4	PILATES Mindfulness Studio -3		
17:00							
18:00		STRENGTH COMPLEX Fitness Centre -4		STRENGTH COMPLEX Fitness Centre -4	TECHNOGYM SKILLROW Fitness Centre -4		
19:00	TECHNOGYM GROUP CYCLE Fitness Centre -4	PILATES Mindfulness Studio -3	CIRCUIT Fitness Centre -4	HIIT Fitness Centre -4	PILATES Mindfulness Studio -3	CIRCUIT Fitness Centre -4	FUNCTIONAL TRAINING Fitness Centre -4
20:00	FUNCTIONAL TRAINING Fitness Centre -4	SUNSET YOGA Beach/Mindfulness Studio -3	FUNCTIONAL TRAINING Fitness Centre -4	SUNSET YOGA Beach/Mindfulness Studio -3			

* Dear guests, please note that the meeting point for sunrise or sunset workout sessions is at the Mindfulness Studio on level -3. The location for the sessions varies based on weather conditions: the beach for clear skies, and the Mindfulness Studio on level -3 for poor weather.