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JOIN THE CLUB

# eforea Spa & Health Club

## GROUP CLASSES TIMETABLE



hrs	MON	TUE	WED	THU	FRI
<b>AM</b>					
08:00	<b>YOGA</b> Mindfulness Studio -3 	<b>FUNCTIONAL FORCE</b> Fitness Centre -4 	<b>YOGA</b> Mindfulness Studio -3 	<b>MOVEMENT FUSION</b> Fitness Centre -4 	<b>YOGA</b> Mindfulness Studio -3 
09:00	<b>PILATES</b> Mindfulness Studio -3 		<b>PILATES</b> Mindfulness Studio -3 		<b>AQUAGYM</b> Indoor pool -2 
10:00	<b>AQUAGYM</b> Indoor pool -2 		<b>AQUAGYM</b> Indoor pool -2 		<b>DEEP RELAXATION</b> Mindfulness Studio -3 
<b>PM</b>					
17:00		<b>STRENGTH COMPLEX</b> Fitness Centre -4 	<b>SKILLROW</b> Fitness Centre -4 		<b>STRENGTH COMPLEX</b> Fitness Centre -4 
18:00	<b>STRENGTH COMPLEX</b> Fitness Centre -4 	<b>MOVEMENT FUSION</b> Fitness Centre -4 	<b>STRENGTH COMPLEX</b> Fitness Centre -4 	<b>STRENGTH COMPLEX</b> Fitness Centre -4  <b>DEEP RELAXATION</b> Mindfulness Studio -3 	<b>MOVEMENT FUSION</b> Fitness Centre -4 
19:00	<b>GROUP CYCLE</b> Fitness Centre -4 	<b>YOGA</b> Mindfulness Studio -3  <b>FUNCTIONAL FORCE</b> Fitness Centre -4 	<b>FUNCTIONAL FORCE</b> Fitness Centre -4 	<b>YOGA</b> Mindfulness Studio -3  <b>MOVEMENT FUSION</b> Fitness Centre -4 	<b>FUNCTIONAL FORCE</b> Fitness Centre -4 
20:00	<b>FUNCTIONAL FORCE</b> Fitness Centre -4 	<b>PILATES</b> Mindfulness Studio -3 		<b>PILATES</b> Mindfulness Studio -3  <b>FUNCTIONAL FORCE</b> Fitness Centre -4 