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MEMBERSHIPS



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TECHNOGYM
APP



JOIN THE
CLUB

eforea Spa & Health Club

GROUP CLASSES TIMETABLE



hrs	MON	TUE	WED	THU	FRI
AM					
08:00	YOGA Mindfulness Studio -3 	POWER HOUR Fitness Centre -4 	YOGA Mindfulness Studio -3 	POWER HOUR Fitness Centre -4 	DEEP RELAXATION YOGA (90min) Mindfulness Studio (-3) 
09:00	PILATES Mindfulness Studio -3 		PILATES Mindfulness Studio -3 		
10:00	AQUAGYM Indoor pool -2 		AQUAGYM Indoor pool -2 		AQUAGYM Indoor pool -2 
PM					
18:00	POWER HOUR Fitness Centre -4 		GROUP CYCLE Fitness Centre -4 	DEEP RELAXATION YOGA (90min) Mindfulness 	SKILL ROW Fitness Centre -4  STRENGTH COMPLEX Fitness Centre -4 
19:00	GROUP CYCLE Fitness Centre -4 	YOGA Mindfulness Studio -3 	STRENGTH COMPLEX Fitness Centre -4 	BUMS & TUMS Fitness Centre -4 	POWER HOUR Fitness Centre -4  BUMS & TUMS Fitness Centre -4 
20:00	BUMS & TUMS Fitness Centre -4 	PILATES Mindfulness Studio -3 	HIIT Fitness Centre -4 	POWER HOUR Fitness Centre -4 	PILATES Mindfulness Studio -3  HIIT Fitness Centre -4 