



VIEW OUR
MEMBERSHIPS



DOWNLOAD THE
TECHNOGYM
APP



JOIN THE
CLUB

eforea Spa & Health Club

GROUP CLASSES TIMETABLE



hrs	MON		TUE		WED		THU		FRI	
AM										
08:00	MORNING FLOW Mindfulness Studio -3 		POWER HOUR Fitness Centre -4 		MORNING FLOW Mindfulness Studio -3 		POWER HOUR Fitness Centre -4 		PILATES Mindfulness Studio -3 	
09:00	PILATES Mindfulness Studio -3 				PILATES Mindfulness Studio -3 				AQUAGYM Indoor pool -2 	
10:00	AQUAGYM Indoor pool -2 				AQUAGYM Indoor pool -2 					
PM										
18:00	POWER HOUR Fitness Centre -4 				GROUP CYCLE Fitness Centre -4 			SKILL ROW Fitness Centre -4 	POWER HOUR Fitness Centre -4 	
19:00	GROUP CYCLE Fitness Centre -4 		STRETCHING Mindfulness Studio -3 	STRENGTH COMPLEX Fitness Centre -4 	BUMS & TUMS Fitness Centre -4 		STRETCHING Mindfulness Studio -3 	STRENGTH COMPLEX 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 		