



VIEW OUR
MEMBERSHIPS



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TECHNOGYM
APP



JOIN THE
CLUB

eforea Spa & Health Club

GROUP CLASSES

TIMETABLE

30.06-12.09.2025



hrs	MON	TUE	WED	THU	FRI	SAT
AM						
07:15		*PILATES ON THE BEACH Mindfulness studio/ Beach 		*PILATES ON THE BEACH Mindfulness studio/ Beach 		*PILATES ON THE BEACH Mindfulness studio/ Beach 
08:15						
PM						
19:00	POWER HOUR Fitness Centre -4 		POWER HOUR Fitness Centre -4 		POWER HOUR Fitness Centre -4 	
20:00	BUMS & TUMS Fitness Centre -4 	HIIT Fitness Centre -4 	PILATES Mindfulness Studio -3 	BUMS & TUMS Fitness Centre -4 	PILATES Mindfulness Studio -3 	

*Pilates On The Beach

Meeting point: Mindfulness Studio (-3 floor)
(weather dependent)