



VIEW OUR
MEMBERSHIPS



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TECHNOGYM
APP



JOIN THE
CLUB

eforea Spa & Health Club

GROUP CLASSES TIMETABLE



hrs AM	MON	TUE	WED	THU	FRI	SAT
08:00		 STRETCHING & MINDFULNESS BY NEDA		 STRETCHING & MINDFULNESS BY NEDA		
09:00		 PILATES BY NEDA		 PILATES BY NEDA		 SHAPE'N'TONE BY GORAN
10:00						 BODY FLOW BY GORAN
PM						
17:00	 PILATES BY GORAN					
18:00	 SHAPE'N'TONE BY GORAN	 HIIT BY MAJA	 PILATES BY NEDA	 HIIT BY MAJA	 POWER HOUR BY GORAN	
19:00	 POWER HOUR BY GORAN	 FUNCTIONAL TRAINING BY MAJA	 HIIT BY MAJA	 FUNCTIONAL TRAINING BY MAJA	 BODY FLOW BY GORAN	
20:00	 BODY FLOW BY GORAN	 BUMS&TUMS BY MAJA	 FUNCTIONAL TRAINING BY MAJA	 BUMS&TUMS BY MAJA	 PILATES BY GORAN	