



VIEW OUR
MEMBERSHIPS



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TECHNOGYM
APP



JOIN THE
CLUB

eforea Spa & Health Club

GROUP CLASSES TIMETABLE



hrs	MON	TUE	WED	THU	FRI	SAT
AM						
08:00		STRETCHING & MOBILITY BY NEDA		STRETCHING & MOBILITY BY NEDA		
09:00		PILATES BY NEDA		PILATES BY NEDA		POWER HOUR BY DOMINIK
10:00						STRETCHING & MOBILITY BY DOMINIK
PM						
18:00	FUNCTIONAL TRAINING BY MAJA	HIIT BY MAJA	FUNCTIONAL TRAINING BY MAJA	HIIT BY MAJA	POWER HOUR BY DOMINIK	
19:00	PILATES BY NEDA	FUNCTIONAL TRAINING BY MAJA	STRETCHING & MOBILITY BY NEDA	FUNCTIONAL TRAINING BY MAJA	HIIT BY DOMINIK	
20:00	STRETCHING & MOBILITY BY NEDA	BUMS & TUMS BY MAJA	PILATES BY NEDA	BUMS & TUMS BY MAJA		