



VIEW OUR MEMBERSHIPS



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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 DOMINIK	 HIIT BY MAJA	 FUNCTIONAL TRAINING BY DOMINIK	 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		



**SUNDAY RUNDAY**  
\*possible change of day  
(stay connected via the Technogym APP)