

apollo sports

Pilates & Garuda Playitas

TIME:	Tuesday 14 May	Wednesday 15 may	Thursday 16 May	Friday 17 May	Saturday 18 May	Sunday 19 May	Monday 20 May
10.00-11.00		Pilates Basics	Garuda	Pilates	Garuda Combo	Pilates mat & ball	Garuda Challenge
17.00-18.00		Garuda Foundation	Pilates	Garuda	Pilates mat flow	Garuda Flow	Pilates Mixed
18.00-17.00							

The program is preliminary, changes may occur.

Amelie Parcharmi & Carita Lescher

The classes are held in Swedish and English.

All training is free of charge.

Please arrive on time wearing sports clothes, and bring your own water bottle.

The minimum age to participate in the classes is 15 years.

Please note that there are a limited number of places.