

apollo sports

Pilates & Garuda Playitas

TIME:	Friday 5 april	Saturday 6 april	Sunday 7 april	Monday 8 april	Tuesday 9 april	Wednesday 10 april
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

The program is preliminary, changes may occur.

Amelie Parcharmi

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

Please note that there are a limited number of places.