

# apollo sports

## Pilates & Garuda Cavo Spada

TIME:	Sunday 14 april	Monday 15 april	Tuesday 16 april	Wednesday 17 april	Thursday 18 april	Friday 19 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.*

Emma Zigliara

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*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.*