Pilates & Garuda Levante

TIME:	Monday 8 july	Tuesday 9 july	Wednesday 10 july	Thursday 11 july	Friday 12 july	Saturday 13 july
08.30-09.30	Pilates Basics	Garuda	Pilates	Garuda Combo	Pilates mat & ball	Garuda Challange
17.30-18.30	Garuda Foundation	Pilates	Garuda	Pilates mat flow	Garuda Flow	Pilates Mixed

The program is preliminary, changes may occur.

Carita Lesche

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.