

apollo sports

TIME:	Tuesday 3 March	Wednesday 4 March	Thursday 5 March	Friday 6 March	Saturday 7 March	Sunday 8 March
Morning	Morning Yoga (45 min)	Core (45 min)	Morning Yoga (45 min)	Core (45 min)	Morning Yoga (45 min)	Core (45 min)
Afternoon		Aqua (30 min)		Aqua (30 min)		Aqua (30 min)
Afternoon	HIIT (45 min)	Circuit (45 min)	Dance fitness (45 min)	HIIT (45 min)	Circuit (45 min)	Dance fitness (45 min)

The program is preliminary, changes may occur.

At La Pared with Amanda Holgersson

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.