

SPORTS PROGRAM

TIME:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00							
08:00	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga
08:30	Morning run 30 min	Morning rwalk 30 min	Morning run 30 min	Morning run 30 min	Morning walk 30 min	Morning run 30 min	Morning run 30 min
09:00	Roadbike tour 33 km (2 h)						
10:00	WOD	Kettlebell intro	HIT	WOD	Kettlebell intro	WOD	Circuit training
11:00	Core	Mobilty	DanZy	Core	Bootcamp	DanZy	Running Intervall
12:00	Aqua	Volleyball	Aqua	Volleyball	Aqua	Volleyball	Aqua
13:00							
14:00							Group Stand Up Paddel board 90 min
15:00	Beach Football	Spinning	WOD	Bootcamp	Spinning	Core	DanZy
16:00	Bootcamp	Danzy	Core	Kettlebell intro	HIT	Bootcamp	WOD
17:00	Stretch & relax	Stretch & relax	Stretch & relax	Stretch & relax	Stretch & relax	Stretch & relax	Stretch & relax
18:00					Afterworkout Main bar	Cava mingel Välkomst möte	

Sports program is subject to changes.

Please note that all classes and activites are held in English. Use of facilities is at your own risk.

All classes held by Apollo is free of charge. The classes are between 30 min to 45 min.