

apollo sports

Crossfit Week

TIME:	Tuesday 25 Feb	Wednesday 26 Feb	Thursday 27 Feb	Friday 28 Feb	Saturday 29 Feb	Sunday 1 Feb
Morning	Family Crossfit	Family Crossfit	Adult Crossfit	Family Crossfit	Crossfit Competition 2h	Family Crossfit
Afternoon	Adult Crossfit	Adult Crossfit	Family Crossfit			Adult Crossfit

The program is preliminary, changes may occur. The exact times will be presented on the sports program at the hotel,

At Playitas with Peter Blaha

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.

Please note that there are a limited number of places.