



Flow Week

TIME:	Wednesday 22 may	Thursday 23 may	Friday 24 may	Saturday 25 may	Sunday 26 may	Monday 27 may
08.00-08.45	MorningFlow	MorningFlow	MorningFlow	MorningFlow	MorningFlow	Vinyasa Core
17.00-17.45	YinYoga	YinYoga	Vinyasa	Vinyasa Core	YinYoga	YinYoga

The program is preliminary, changes may occur.

At Playitas with Fanny Elgstrand

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.