

apollo sports

TIME:	Monday 16 Dec	Tuesday 17 Dec	Wednesday 18 Dec	Thursday 19 Dec	Friday 20 Dec	Saturday 21 Dec
Morning	Morning Yoga	Morning Yoga & Meditation	Sunrise Yoga	Morning Yoga & Meditation	Yoga Lower Body	Morning Yoga & Meditation
Afternoon	Slow Flow Yoga	Vinyasa Flow		Slow Flow Yoga	Yoga Upper Body	Vinyasa Flow

The program is preliminary, changes may occur.

At La Pared with Sofie Simonsson

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.