

apollo sports

TIME:	Friday 18 Oct	Saturday 19 Oct	Sunday 20 Oct	Monday 21 Oct	Tuesday 22 Oct	Wednesday 23 Oct
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 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.