

# apollo sports

<b>TIME:</b>	<b>Friday 25 Oct</b>	<b>Saturday 26 Oct</b>	<b>Sunday 27 Oct</b>	<b>Monday 28 Oct</b>	<b>Tuesday 29 Oct</b>	<b>Wednesday 30 Oct</b>
<b>Morning</b>	Morning Yoga	Morning Yoga & Meditation	Sunrise Yoga	Morning Yoga & Meditation	Yoga Lower Body	Morning Yoga & Meditation
<b>Afternoon</b>	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

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*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.*