

apollo sports

Strong, Fun & Sun

TIME:	Wednesday 17 Jul	Thursday 18 Jul	Friday 19 Jul	Saturday 20 Jul	Sunday 21 Jul	Monday 22 Jul
Morning	Coretraining	Easy Yoga	Core mobility	Easy Yoga	Core balance	Easy Yoga
Afternoon	Tabata	Fun Class	HIIT	Circuit training	Gladiatortraining	Fun Class

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

At La Pared with Petri Vähäkuopus

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.