



Total Training Week

TIME:	Wednesday 5 jun	Thursday 6 jun	Friday 7 jun	Saturday 8 jun	Sunday 9 jun	Monday 10 jun
08.00-08.30	Morning Yoga	Total Training	Morning Yoga	Total Training	Morning Yoga	Total Training
17.00-17.30	Circuit	Dynamic Flex	Circuit	Dynamic Flex	Circuit	Dynamic Flex

The program is preliminary, changes may occur.

At Playitas with Mathilda Eriksson

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.