

apollo sports

Get Fit with Renz

TIME:	Wednesday 24 jul	Thursday 25 jul	Friday 26 jul	Saturday 27 jul	Sunday 28 jul	Monday 29 jul	Tuesday 30 jul
07.00						Runsafari easy jog at sunrise (45 min)	
08.00						Core (30 min)	
10.30		Spinning (60 min)					
17.00	Bootcamp (90 min)	Multicircle (45 min)	Fitness WOD (90 min)	Runsafari (60 min)			Fitness WOD (90 min)
18.00				Runners strength (45 min)			
TIME:	Wednesday 31 jul	Tuesday 1 aug	Friday 2 aug	Saturday 3 aug	Sunday 4 aug	Monday 5 aug	
07.00						Runsafari easy jog at sunrise (45 min)	
08.00						Core (30 min)	
10.30		Spinning (60 min)					
17.00	Bootcamp (90 min)	Multicircle (45 min)	Fitness WOD (90 min)	Runsafari (60 min)			
18.00				Runners strength (45 min)			

The program is preliminary, changes may occur.

At La Pared with Camilla Renz

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.