

apollo sports

Flow with Fanny

TIME:	Saturday 16 Nov	Sunday 17 Nov	Monday 18 Nov	Tuesday 19 Nov	Wednesday 20 Nov	Thursday 21 Nov
Morning	Morning Flow	Morning Flow	Morning Flow	Morning Flow	Morning Flow	Vinyasa Core
Afternoon	Yin Yoga	Yin Yoga	Yin Yoga	Vinyasa Core	Yin Yoga	Yin Yoga

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

At Aqua Vista with Fanny Elgstrand

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.