



## Functional & Feelgood Training

TIME:	Tuesday 7 May	Wednesday 8 May	Thursday 9 May	Friday 10 May	Saturday 11 May	Sunday 12 May
08.00-08.45	Morning Yoga	Circle	Morning Yoga	Core/Stability	Morning Yoga	Zumba
17.00-17.45	Zumba	Core/Stability	Circle	Zumba	Circle	YinYoga

*The program is preliminary, changes may occur.*

### At La Pared with Emelie Jonnarth

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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.*