

apollo sports

HIIT & Run

TIME:	Wednesday 28 aug	Thursday 29 aug	Friday 30 aug	Saturday 31 aug	Sunday 1 sep	Monday 2 sep
08.00-08.45	YogaFlow	Morningrun	Hiit Step	Morningrun	YogaFlow	Morningrun
17.00-17.45	Run intervalls 1.0	Whole Body	Yoga Flow	Run intervalls 2.0	Whole Body	Hiit step

The program is preliminary, changes may occur.

At La Pared with Frida Jansson

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.