

# apollo sports

## Fitness, Dance and Family Fun

TIME:	Wednesday 14 aug	Thursday 15 aug	Friday 16 aug	Saturday 17 aug	Sunday 18 aug	Monday 19 aug
08.00-08.50		Morning Yoga			Morning Yoga	
10.00-10.50		HIIT	AfroDance		HIIT	
11.00-11.50	Family Fitness	Danzy Family	Coretraining		Family Fitness	Family Fitness
16.00-16.50				Aqua Splash Dance		
17.00-17.50	Danzy		Family Fitness	Bootcamp Family		Danzy Goodbye Party

*The program is preliminary, changes may occur.*

### At La Pared with Thea Julie Rasmussen

*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.*