

# apollo sports

## Pilates & Garuda

TIME:	Monday 5 July	Tuesday 6 July	Wednesday 7 July	Thursday 8 July	Friday 9 July	Saturday 10 July
Morning	Pilates	Garuda	Pilates	Garuda	Pilates	Garuda
Afternoon	Garuda	Pilates	Garuda	Pilates	Garuda	Pilates

*The program is preliminary, changes may occur.*

## At Porto Plomari with Carita Lesche

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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.*