

KOM I FORM MED ARI

La Pared, Fuerteventura, 12–19 mars 2018

Yoga, Core & Cardio training – feat Ari Lipponen

This week Apollo Sports and La Pared presents Yoga, Core and Cardio training with instructor Ari Lipponen at La Pared Fuerteventura 12-19 mar 2018.

12 mar 2018

16:30-17:30 Yoga (MC)
17:30-18:00 Hard Core (MC)

13 mar 2018

08:00-09:00 Yoga (MC)
09:00-10:00 Strength (MC)
16:30-17:30 Cardio Fusion (MC)
17:30-18:30 Flow (MC)

14 mar 2018

08:00-09:00 Pilates (MC)
09:00-09:45 KnockOut (MC)
16:30-17:30 Strength (MC)
17:30-18:00 Mobility (MC)

15 mar 2018

08.00-09.00 Flow (MC)
09.00-09:30 Cardio Intervalls (MC)
16.30-17.30 Piloxing (MC)
17.30-18.30 Yoga (MC)

16 mar 2018

08.00-09:00 Yoga (MC)
09.00-10:00 Strength (MC)
16:30-17:30 Cardio Fusion (MC)
17:30-18:30 Flow (MC)

17 mar 2018

08:00-09:00 Pilates (MC)
09:00-09:45 KnockOut (MC)
16:30-17:30 Strength (MC)
17:30-18:00 Mobility (MC)

18 mar 2018

08.00-09.00 Flow (MC)
09.00-09:30 Cardio Intervalls (MC)
16.30-17.30 Piloxing (MC)
17.30-18.30 Yoga (MC)

The program is preliminary, changes may occur. The classes are held in Swedish and English. All training is free of charge. Meeting place: MC= Multicourt. Please arrive on time wearing sports clothes, and bring your own water bottle.

The minimum age to participate in the classes featuring equipment is 15 years. Please note that there are a limited number of places on classes with equipment.

