

# apollo sports

## Utforska, utmana, utveckla - Ready, set, go!

<b>TIME:</b>	<b>Friday 18/2</b>	<b>Saturday 19/2</b>	<b>Sunday 20/2</b>	<b>Monday 21/2</b>	<b>Tuesday 22/2</b>	<b>Wednesday 23/2</b>
Morning	WOD	Tabata	WOD / TeamWod	Corefit	TeamWod	WOD
Morning	Corefit	TeamWod	WOD / TeamWod		Tabata	TeamWod
Afternoon	Stretch & Relax		WOD / TeamWod	Stretch & Relax		Stretch & Relax

*The program is preliminary, changes may occur. The exact times will be presented on the sports program at the hotel,*

### At Aqua Vista with Elin Persson

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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.

Please note that there are a limited number of places.