

# apollo sports

## Motivations- och träningsboost - Move well, feel good!

<b>TIME:</b>	<b>Tuesday 2/11</b>	<b>Wednesday 3/11</b>	<b>Thursday 4/11</b>	<b>Friday 5/11</b>	<b>Saturday 6/11</b>	<b>Sunday 7/11</b>
Morning	Morning Yoga	Kettlebell workout	Morning Yoga	Kettlebell workout	Morning Yoga	Kettlebell workout
Morning	HIIT/Tabata		HIIT/Tabata		HIIT/Tabata	
Afternoon	Core	X-fit	Core	X-fit	Core	Team X-fit

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

### At La Pared with Allis Gustafsson

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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.