

apollo sports

TIME:	Monday 26 July	Tuesday 27 July	Wednesday 28 July	Thursday 29 July	Friday 30 July	Saturday 31 July
Morning	Core	Pilates	Morning Yoga	Core	Pilates	Morning Yoga
Afternoon	Yoga	Stretch & Relax	Functional Circuit	Yoga	Stretch & Relax	Functional Circuit

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

At Porto Plomari with Malena Kindgren

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.