

apollo sports

Flow with Fanny

TIME:	Monday 19 July	Tuesday 20 July	Wednesday 21 July	Thursday 22 July	Friday 23 July	Saturday 24 July
Morning	Morning Flow	Morning Flow	Morning Flow	Morning Flow	Morning Flow	Morning Flow
Afternoon	Yin Yoga	Vinyasa	Yin Yoga	Yin Yoga	Vinyasa	Yin Yoga

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

At Porto Plomari with Fanny Elgstrand

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.