

apollo sports

Træn både krop, sind og lattermuskler med gæsteinstruktørerne Jesper & Jimmi

TIME:	Sunday 12 Sep	Monday 13 Sep	Tuesday 14 Sep	Wednesday 15 Sep	Thursday 16 Sep	Friday 17 Sep
Morning:	TRX	Vandaerobic	TRX	Vandaerobic	TRX	Vandaerobic
Morning:	Bokwa Tone & Core		Bokwa Tone & Core		Bokwa Tone & Core	
Afternoon:		Bokwa		Bokwa		Bokwa
Afternoon:	Release, Stretch & Relax	Attack	Release, Stretch & Relax	Attack	Release, Stretch & Relax	Attack

The program is preliminary, changes may occur.

At Porto Myrina

All training is free of charge.

Please note that there are a limited number of places.