

apollo sports

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

TIME:	Tuesday 15 June	Wednesday 16 June	Thursday 17 June	Friday 18 June	Saturday 19 June	Sunday 20 June
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 Sivota Retreat

All training is free of charge.

Please note that there are a limited number of places.