

# apollo sports

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

<b>TIME:</b>	<b>Sunday 19 Sep</b>	<b>Monday 20 Sep</b>	<b>Tuesday 21 Sep</b>	<b>Wednesday 22 Sep</b>	<b>Thursday 23 Sep</b>	<b>Friday 24 Sep</b>
<b>Morning:</b>	TRX	Vandaerobic	TRX	Vandaerobic	TRX	Vandaerobic
<b>Morning:</b>	Bokwa Tone & Core		Bokwa Tone & Core		Bokwa Tone & Core	
<b>Afternoon:</b>		Bokwa		Bokwa		Bokwa
<b>Afternoon:</b>	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.*