

# apollo sports

## Functional training week

TID	FREDAG 2 NOV	LÖRDAG 3 NOV	SÖNDAG 4 NOV	MÅNDAG 5 NOV	TISDAG 6 NOV	ONSDAG 7 NOV	TORSDAG 8 NOV	FREDAG 9 NOV
09.00-10.00							Functional Fun	
10.00-11.00	Gymnastic Basic	Lower body Strength	Upper body strength	Gymnastic Basic	Lower body Strength	Upper body strength		
11.00-16.00	Beach Bootcamp	Functional Core	Mobility flow	Beach Bootcamp	Functional Core	Mobility flow		
16.00-17.00	Functional Fun	Functional Fun	Functional Fun	Functional	Functional Fun	Functional Fun		

Ellen Sterner & Emma Ericsson

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