

Pilates & Garuda Week feat. Carita Lesche Aqua Vista 21-28 feb 2019

Date	Time / Class
22 feb 2019	Time / Class
	08.30-09.30 Pilates Basics
	17.30-18:30 Garuda Foundation
23 feb 2019	Time / Class
	08.30-09.30 Garuda
	17.30-18:30 Pilates
24 feb 2019	Time / Class
	08.30-09.30 Pilates
	17.30-18:30 Garuda
25 feb 2019	Time / Class
	08.30-09.30 Garuda Combo
	17.30-18:30 Pilates mat flow
26 feb 2019	Time / Class
	08.30-09.30 Pilates, mat&ball
	17.30-18:30 Garuda flow
27 feb 2019	Time / Class
	08.30-09.30 Garuda Challenge
28 feb 2019	Time / Class
	08.30-09.30 Pilates



Carita Lesche

Pilates - functional training that is about preserving or regain good posture and become strong and flexible. Pilates training is suitable for both exercisers and elite athletes.

Garuda contains elements of yoga, Pilates and martial arts, and is an exciting and inspiring exercise. The objective is that training should be fun, dynamic and challenging through practice the intensity and flow. Garuda makes you strong, energetic, agile and strength. Garuda technology created by James D'Silva - must be experienced!

Class description

Meetingarea: All classes held in AQUA VISTA. Meeting point presented on spot.

All training is FREE OF CHARGE. Meeting area is written above. Please use training clothes. Bring drinking water. Please be aware that all instructions are in Scandinavian and English and all activities or use of facilities are at your own risk. Minimum age for participation 15 years. Limited space in classes.