apollo sports

# Pilates & Garuda Week feat. Carita Lesche

## Ras al Khaimah Resort & Spa 18-25 nov 2018

| Date | Time / Class |
|---|---|
| 19 nov 2018 | Time / Class |
| | 08.30-09.30 Pilates Basics |
| | 17.30-18:30 Garuda Foundation |
| 20 nov 2018 | Time / Class |
| | 08.30-09.30 Garuda |
| | 17.30-18:30 Pilates |
| 21 nov 2018 | Time / Class |
| | 08.30-09.30 Pilates |
| | 17.30-18:30 Garuda |
| 22 nov 2018 | Time / Class |
| | 08.30-09.30 Garuda Combo |
| | 17.30-18:30 Pilates mat flow |
| 23 nov 2018 | Time / Class |
| | 08.30-09.30 Pilates, mat&ball |
| | 17.30-18:30 Garuda flow |
| 24 nov 2018 | Time / Class |
| | 08.30-09.30 Garuda Challenge |
| | 17.30-18:30 Pilates mixed |

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** Ras al Khaimah Resort & Spa. 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.

Instagram #apollosports