apollo sports

Pilates & Garuda Week feat. Carita Lesche

Radison Blu Resort Fujairah 11 – 18 nov 2018

Date	Time / Class
12 nov 2018	Time / Class
	17.30-18:30 Garuda Foundation
13 nov 2018	Time / Class
	08.30-09.30 Garuda
	17.30-18:30 Pilates
14 nov 2018	Time / Class
	08.30-09.30 Pilates
	17.30-18:30 Garuda
15 nov 2018	Time / Class
	08.30-09.30 Garuda Combo
	17.30-18:30 Pilates mat flow
16nov 2018	Time / Class
	08.30-09.30 Pilates, mat&ball
	17.30-18:30 Garuda flow
17 nov 2018	Time / Class
	08.30-09.30 Garuda Challenge
	17.30-18:30 Pilates mixed
18 nov 2018	Time / Class
	08.30-09.30 Garuda Challenge

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 Radison Blu Resort Fujairah. 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