Pilates & Garuda

TIME:	Sunday 12 July	Monday 13 July	Tuesday 14 July	Wednesday 15 July	Thursday 16 July	Friday 17 July
Morning	Pilates	Garuda	Pilates	Garuda	Pilates	Garuda
Afternoon	Garuda	Pilates	Garuda	Pilates	Garuda	Pilates

The program is preliminary, changes may occur.

At Porto Plomari with Carita Lesche

The classes are held in Swedish and English.
All training is free of charge.
Please arrive on time wearing sports clothes, and bring your own water bottle.
The minimum age to participate in the classes is 15 years.
Please note that there are a limited number of places.