

### Apollo Youth Camp - example program

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Arrival/Departure	Sunday	For whom?
08:00	Yoga	Yoga	Yoga	Yoga	Yoga		Yoga	Adults
10:00	Padel	SUP/Kayak/Windsurfing	Circle/Functional training	Crawl	SUP		Padel	Youth Camp
10:00	HIT	Functional training	Circuit training	WOD	Functional training		WOD	Adults
11:00	Family Fitness	Family Fitness	Family Fitness	Family Fitness	Family Fitness		Family Fitness	All
15:00	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics		Aqua Aerobics	All
16:00	Stretch & Relax	Stretch & Relax	Stretch & Relax	Stretch & Relax	Stretch & Relax		Stretch & Relax	Adults
17:00	Fotball	Beach Volley	Table tennis	Fotball	Basket		Water polo	All

*Each hotel has its own unique programme. This is an example of what a week with Apollo Youth Camp might look like.*