THE MORNING SESSION

Activity sheet · Sporty



A refreshing workout to kick-start the day. We warm up and then increase the pace just enough.

The session is adapted to the group's fitness, and after about 45 minutes everyone is ready for the rest of the day's challenges.

Good to know

Outdoors in all weathers – bring workout clothes for the weather. 1 hour, max 100 participants.

Location
We come to you – all of Sweden

Duration
approx. 1 hour

Participants
Max 100 participants

Price
Start fee SEK 4 500
+ SEK 450/person

Prices excl. 6% VAT.

Included

- Gold trophy for the winning team
- Activity leaders from Puls
- Mileage up to 200 km
- Rain ponchos

Book or get a quote

08-20 32 00
boka@puls.nu

Scan for photos, prices and booking