

# Aktivitetshuset 2019

## TRAINING SCHEDULE

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday | Sunday  |
|--|---|---|---|---|----------|---|
| <b>Yoga</b><br>Blå Hallen<br>11:30-12:15<br><i>max 14 participant</i>          | <b>Vuxenklubben</b><br>Multihallen<br>09:30-10:15<br><i>senior training</i> | <b>Mix workout</b><br>Övre Hallen<br>07:00-07:45<br><i>max 16 participant</i>         | <b>Mix Workout</b><br>Övre Hallen<br>07:00-07:45<br><i>max 16 participant</i> | <b>SomaMove</b><br>Multihallen<br>11:45-12:30                                     |          | <b>Family miniröris</b><br>Multihallen<br>10:00-10:45 |
| <b>Core/Tabata</b><br>Multihallen<br>11:45-12:30                               | <b>Yoga</b><br>Blå Hallen<br>11:45-12:30<br><i>max 14 participant</i>       | <b>Kettlebell</b><br>Övre Hallen<br>11:50-12:35                                       | <b>Senior Training</b><br>Multihallen<br>09:30-10:15                          | <b>Cirkel Training</b><br>Övre Hallen<br>11:45-12:30<br><i>max 16 participant</i> |          | <b>Cricket for kids</b><br>Multihallen<br>15:00-17:00 |
| <b>Athletic bar</b><br>Övre Hallen<br>11:45-12:30<br><i>max 10 participant</i> | <b>HIIT</b><br>Multihallen<br>11:45-12:30                                   | <b>Football</b><br>Multihallen<br>12:00-13:00   | <b>Runners School</b><br>Outdoor<br>11:30-12:30                               | <b>Yoga For Runners</b><br>Blå Hallen<br>11:45-12:30<br><i>max 14 participant</i> |          | <b>Football</b><br>Multihallen<br>19:00-21:00         |
| <b>Core</b><br>Övre Hallen<br>16:00-16:45<br><i>max 20 participant</i>         | <b>Floorball</b><br>Multihallen<br>12:00-13:00                              | <b>TAG-Rugby</b><br>Multihallen<br>17:00-20:00  | <b>Boxercise</b><br>Multihallen<br>11:45-12:30                                | <b>Floorball</b><br>Multihallen<br>12:00-13:00                                    |          |   |
| <b>Tennis</b><br>Multihallen<br>16:00-17:00                                    | <b>SomaMove</b><br>Övre Hallen<br>17:00-18:00<br><i>max 20 participant</i>  | <b>Step &amp; Strength</b><br>Övre Hallen<br>17:30-18:30<br><i>max 16 participant</i> | <b>Zumba Dance</b><br>Övre Hallen<br>11:45-12:30<br><i>max 20 participant</i> | <b>Runners strength</b><br>Multihallen<br>14:45-15:30                             |          |   |
| <b>Kids Section</b><br>Multihallen<br>17:00-18:00                              | <b>Basketball</b><br>Multihallen<br>17:00-19:00                             | <b>Floorball</b><br>Multihallen<br>20:00-22:00  | <b>Basketball</b><br>Multihallen<br>12:00-13:00                               | <b>Kids Section</b><br>Multihallen<br>17:00-18:00                                 |          |   |
| <b>Volleyboll</b><br>Multihallen<br>18:00-20:00                                | <b>Tennis</b><br>Multihallen<br>19:00-22:00                                 |   | <b>Yoga</b><br>Blå Hallen<br>17:00-18:00<br><i>max 14 participant</i>         | <b>Cricket</b><br>Multihallen<br>19:00-22:00                                      |          |   |
|  |   |   | <b>SomaMove</b><br>Övre Hallen<br>17:00-18:00<br><i>max 20 participant</i>    |   |          |   |
|  |   |   | <b>Badminton</b><br>Multihallen<br>17:00-19:00                                |   |          |   |
|  |   |   | <b>Football</b><br>Multihallen<br>19:00-21:00                                 |   |          |   |

**All trainings are available for IKEA co-workers and their families.**  
**Red marked trainings** need to be booked and paid for.  
**Kids section** is for free but you need to register.  
**All other training are for free, just to drop in!**