

# Workout summer 2019

**Week 26**

<i>Monday</i>			
Athletic bar	11.45-12.30	Ola	Övre hallen
Core/tabata	11.45-12.30	Sara, Catrin	Multi hallen
Core	16.00-16.45	Catrin, Sara	Övre hallen
<i>Tuesday</i>			
HIIT	11.45-12.30	Sara	Multi hallen
SomaMove	17.00-18.00	Ola	Övre hallen
<i>Wednesday</i>			
Mix workout	07.00-07.45	Sara	Ute/Övre hallen
Kettlebell	11.50-12.35	Amilia	Övre hallen
<i>Thursday</i>			
Mix workout	07.00-07.45	Sarah, Bodil, Lise-Lotte	Ute/Övre hallen
Boxercise	11.45-12.30	Hans, Thomas, Håkan	Multi hallen
SomaMove	17.00-18.00	Ola	Övre hallen
<i>Friday</i>			
Circuit training	11.45-12.30	Sara	Övre hallen
Yoga for runners	11.45-12.30	Catrin	Blå hallen
SomaMove	11.45-12.30	Ola	Multi hallen
Runners Strength	14.45-15.30	Catrin	Ute/Övre hallen

**Week 27**

<i>Monday</i>			
Athletic bar	11.45-12.30	Ola	Övre hallen
Core/tabata	11.45-12.30	Sara, Catrin	Multi hallen
Core	16.00-16.45	Catrin, Sara	Övre hallen
<i>Tuesday</i>			
HIIT	11.45-12.30	Catrin	Multi hallen
SomaMove	17.00-18.00	Ola	Övre hallen
<i>Wednesday</i>			
Mix workout	07.00-07.45	Sara	Ute/Övre hallen
Kettlebell	11.50-12.35	Amilia	Övre hallen
<i>Thursday</i>			
Mix workout	07.00-07.45	Sarah, Bodil, Lise-Lotte	Ute/Övre hallen
SomaMove	17.00-18.00	Ola	Övre hallen
<i>Friday</i>			
Circuit training	11.45-12.30	Sara	Övre hallen
SomaMove	11.45-12.30	Ola	Multi hallen

**Week 28**

<i>Tuesday</i>			
HIIT	11.45-12.30	Ray	Multi hallen
<i>Thursday</i>			
Mix workout	07.00-07.45	Sarah, Bodil, Lise-Lotte	Ute/Övre hallen
<b>Week 29-31 NO GROUP TRAINING</b>			

**Week 32**

<i>Monday</i>			
Athletic bar	11.45-12.30	Ola	Övre hallen
<i>Tuesday</i>			
SomaMove	17.00-18.00	Ola	Övre hallen
<i>Thursday</i>			
SomaMove	17.00-18.00	Ola	Övre hallen
<i>Friday</i>			
SomaMove	11.45-12.30	Ola	Multi hallen

**Week 33**

<i>Monday</i>			
Athletic bar	11.45-12.30	Ola	Övre hallen
<i>Tuesday</i>			
HIIT	11.45-12.30	Ray	Multi hallen
SomaMove	17.00-18.00	Ola	Övre hallen
<i>Thursday</i>			
Mix workout	07.00-07.45	Sarah, Bodil, Lise-Lotte	Ute/Övre hallen
Boxercise	11.45-12.30	Hans, Thomas, Håkan	Multi hallen
SomaMove	17.00-18.00	Ola	Övre hallen
<i>Friday</i>			
SomaMove	11.45-12.30	Ola	Multi hallen

**Week 34**

<i>Monday</i>			
Athletic bar	11.45-12.30	Ola	Övre hallen
Core/tabata	11.45-12.30	Sara, Catrin	Multi hallen
<i>Tuesday</i>			
Hiit	11.45-12.30	Sara, Catrin	Multi hallen
SomaMove	17.00-18.00	Ola	Övre hallen
<i>Wednesday</i>			
Mix workout	07.00-07.45	Sara	Ute/Övre hallen
<i>Thursday</i>			
Mix workout	07.00-07.45	Sarah, Bodil, Lise-Lotte	Ute/Övre hallen
Boxercise	11.45-12.30	Hans, Thomas, Håkan	Multi hallen
SomaMove	17.00-18.00	Ola	Övre hallen
<i>Friday</i>			
SomaMove	11.45-12.30	Ola	Multi hallen

Autumn´s training schedule starts v 35