

Aktivitetshuset 2019

TRAINING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Core/Tabata Multihallen 11:45-12:30	Vuxenklubben Multihallen 09:30-10:30 <i>senior training</i>	Mix workout Övre Hallen 07:00-07:45 <i>max 16 participant</i>	Mix Workout Övre Hallen 07:00-07:45 <i>max 16 participant</i>	SomaMove Multihallen 11:45-12:45		Cricket for kids Multihallen 15:00-17:00
Athletic bar Övre Hallen 11:45-12:30 <i>max 12 participant</i>	Runners School Outdoor 11:30-12:30 w. 35-42	Full body strength Multihallen 11:30-12:00	Trail running Outdoor 11:30-12:30 w. 35-42	Circle training Övre Hallen 11:45-12:30 <i>max 16 participant</i>		Football Multihallen 19:00-21:00
Tennis Multihallen 16:00-17:00	HIIT Multihallen 11:45-12:30	Zumba Dance Övre Hallen 11:45-12:30 <i>max 20 participant</i>	Kettlebells Övre Hallen 11:45-12:30	Floorball Multihallen 12:00-13:00		
Kids Section Multihallen 17:00-18:00	Floorball Multihallen 12:00-13:00	Football Multihallen 12:00-13:00	Boxercise Multihallen 11:45-12:30	Kids Section Multihallen 17:00-18:00		
Volleyboll Multihallen 18:00-20:00	SomaMove Övre Hallen 17:00-18:00 <i>max 20 participant</i>	TAG-Rugby Multihallen 17:00-20:00	Basketball Multihallen 12:00-13:00	Cricket Multihallen 19:00-22:00		
	Basketball Multihallen 17:00-19:00	Step & Strength Övre Hallen 17:30-18:30 <i>max 16 participant</i>	SomaMove Övre Hallen 17:00-18:00 <i>max 20 participant</i>			
	Tennis Multihallen 19:00-22:00	Floorball Multihallen 20:00-22:00	Badminton Multihallen 17:00-19:00			
			Balancing Flow Yoga Övre Hallen 18:00-19:15 w. 37-49			
			Football Multihallen 19:00-21:00			

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