

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 + Övre Hallen 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.
Red marked trainings needs 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!