

# Aktivitetshuset 2019

## TRAINING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Core/Tabata</b> Multihallen 11:45-12:30	<b>Vuxenklubben</b> Multihallen 09:30-10:30 <i>senior training</i>	<b>Mix workout</b> Övre Hallen 07:00-07:45 <i>max 16 participants</i>	<b>Mix Workout</b> Övre Hallen 07:00-07:45 <i>max 16 participants</i>	<b>SomaMove</b> Multihallen 11:45-12:45		<b>Kids Cricket</b> Multihallen 15:00-17:00
<b>Athletic bar</b> Övre Hallen 11:45-12:30 <i>max 12 participants</i>	<b>Runners School</b> Outdoor 11:30-12:30 w. 35-42	<b>Full body strength</b> Multihallen 11:30-12:00	<b>Trail running</b> Outdoor 11:30-12:30 w. 35-42	<b>Circle training</b> Övre Hallen 11:45-12:30 <i>max 16 participants</i>		<b>Football</b> Multihallen 19:00-21:00
<b>Outdoor Easy Strength Walk</b> Outside Multihallen 11:45-12:15	<b>Music Workout</b> Övre Hallen 11:40-12:20 <i>max 20 participants</i>	<b>Zumba Dance</b> Övre Hallen 11:45-12:30 <i>max 20 participant</i>	<b>Kettlebells</b> Övre Hallen 11:45-12:30	<b>Floorball</b> Multihallen 12:00-13:00		
<b>Tennis</b> Multihallen 16:00-17:00	<b>HIIT</b> Multihallen 11:45-12:30	<b>Football</b> Multihallen 12:00-13:00	<b>Boxercise</b> Multihallen 11:45-12:30	<b>Runners Strength</b> Multihallen 15:00-15:45		
<b>Kids Dance</b> Övre Hallen 16:30-17:15	<b>Floorball</b> Multihallen 12:00-13:00	<b>TAG-Rugby</b> Multihallen 17:00-20:00	<b>Basketball</b> Multihallen 12:00-13:00	<b>Kids Football</b> Multihallen 17:00-18:00		
<b>Kids Football</b> Multihallen 17:00-18:00	<b>SomaMove</b> Övre Hallen 17:00-18:00 <i>max 20 participants</i>	<b>Step &amp; Strength</b> Övre Hallen 17:30-18:30 <i>max 14 participant</i>	<b>SomaMove</b> Övre Hallen 17:00-18:00 <i>max 20 participants</i>	<b>Cricket</b> Multihallen 19:00-22:00		
<b>Volleyboll</b> Multihallen 18:00-20:00	<b>Basketball</b> Multihallen 17:00-19:00	<b>Floorball</b> Multihallen 20:00-22:00	<b>Badminton</b> Multihallen 17:00-19:00			
	<b>Tennis</b> Multihallen 19:00-22:00		<b>Balancing Flow Yoga</b> Övre Hallen 18:00-19:15 w. 37-49			
			<b>Football</b> 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 activities is for free but you need to register.

All other training are for free, just to drop in!