

Training schedule



Christmas and New Year

Week 52

Monday 23 December	Aktivitetshuset open 7:00-17:00
Tuesday 24 December	Closed
Wednesday 25 December	Closed
Thursday 26 December	Closed
Friday 27 December	Aktivitetshuset open 7:00-17:00 <ul style="list-style-type: none">• Circle training 11:45-12:30, Övre hallen - Sara
Saturday 28 December	Aktivitetshuset open 8:00-15:30
Sunday 29 December	Aktivitetshuset open 8:00-15:30

Week 1

Monday 30 December	Aktivitetshuset open 7:00-17:00 <ul style="list-style-type: none">• Core/Tabata 11:45-12:30, Multihallen - Sara
Tuesday 31 December	Closed
Wednesday 1 January	Closed
Thursday 2 January	Aktivitetshuset open 7:00-17:00
Friday 3 January	Aktivitetshuset open 7:00-17:00
Saturday 4 January	Aktivitetshuset open 8:00-15:30
Sunday 5 January	Aktivitetshuset open 8:00-15:30

Week 2

Monday 6 January

Closed

Tuesday 7 January

Aktivitetshuset open 7:00-21:00

- HIIT 11:45-12:30, Multihallen - Sara

Wednesday 8 January

Aktivitetshuset open 7:00-21:00

- Mix Workout 7:00-7:45, Övre hallen - Sara
- Full body strength 11:30-12:00, Multihallen - Helena/Minna

Thursday 9 January

Aktivitetshuset open 7:00-21:00

- Mix Workout 7:00-7:45, Övre hallen - Bodil/Lisen/Sarah
- Boxercise 11:45-12:30, Övre hallen - Håkan

Friday 10 January

Aktivitetshuset open 7:00-21:00

- Runners strength 15:00-15:45, Multihallen - Sofia

Saturday 11 January

Aktivitetshuset open 8:00-15:30

Sunday 12 January

Aktivitetshuset open 8:00-15:30

