

# Workout from home

sign up at [aktivitetshusetalmhult.se](http://aktivitetshusetalmhult.se)

## Week 21

### Monday:

- 11:45-12:15 Strength & Pulse online
- 17:00-17:50 SomaMove online for beginners

### Tuesday:

- 11:45-12:15 Core & Flexibility online
- 17:00-17:50 SomaMove online for experienced performers

### Wednesday:

- 11:45-12:25 SomaSlow online

## Week 22-24

### Monday:

- 11:45-12:15 Strength & Pulse online
- 17:00-17:50 SomaMove online for beginners

### Tuesday:

- 11:45-12:15 Core & Flexibility online
- 17:00-17:50 SomaMove online for experienced performers

### Wednesday:

- 11:45-12:25 SomaSlow online

### Thursday:

- 11:45-12:15 Body Strength online

### Friday:

- 11:45-12:35 SomaMove online for experienced performers