

Workout from home

sign up at aktivitetshusetalmhult.se

Week 26-27

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

Vecka 28-31:

no online training

Week 32-33

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