

Workout from home

sign up at aktivitetshusetalmhult.se

Week 36-39

Monday:

11:45-12:15 Strength & Pulse
17:00-17:55 SomaMove for beginners

Tuesday:

11:45-12:15 FortGjort Mage/Rygg (Core)
17:00-17:55 SomaMove for experienced performers

Wednesday:

11:45-12:25 SomaSlow

Thursday:

11:45-12:15 FortGjort Styrka (Strength)

Friday:

07:00-07:30 FortGjort Rörlighetsträning (Mobility)
11:45-12:40 SomaMove for experienced performers

Week 40-51

Monday:

11:45-12:15 Strength & Pulse
17:00-17:55 Soma Move for beginners

Tuesday:

11:45-12:15 FortGjort Core
17:00-17:55 SomaMove for experienced performers

Wednesday:

12:05-12:45 SomaSlow **New time!**

Thursday:

12:00-12:30 FortGjort Strength **New time!**

Friday:

07:00-07:30 FortGjort Mobility
11:45-12:40 SomaMove for experienced performers