

Workout from home

sign up at aktivitetshusetalmhult.se

Week 1

Monday 4 January

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

Tuesday 5 January

- 11:45-12:15 FortGjort Core
- 11:45-12:40 SomaMove for experienced performers

Wednesday 6 January

- 12:05-12:45 SomaSlow

Thursday 7 January

- 12:00-12:30 FortGjort Strength

Friday 8 January

- 11:45-12:40 SomaMove for experience performers
- 12:00-12:30 FortGjort Friday

Week 2-5

Monday

- 12:00-12:45 Strength & Pulse New time!
- 17:00-17:50 SomaSlow New time!

Tuesday

- 09:30-10:00 Vuxenklubben (start and introduction week 3) New!
- 11:45-12:15 FortGjort Core
- 11:45-12:40 SomaMove
- 12:00-12:45 Stress and tension release

Wednesday

- 12:05-12:40 SomaSlow

Thursday

- 11:45-12:15 FortGjort Mobility New time!
- 12:15-12:45 FortGjort Strength New time!

Friday

- 07:00-07:30 FortGjort Mobility
- 11:45-12:40 SomaMove
- 12:00-12:30 FortGjort Friday (varied workouts)