

Workout from home

sign up at aktivitetshusetalmhult.se

Week 14

Thursday

07:00-07:30	Sensing Yoga	<i>(the class is held in Swedish)</i>
11:45-12:15	Mobility	
12:15-12:45	Strength	

Friday

07:00-07:30	Mobility	
11:45-12:40	SomaMove	
11:45-12:30	Outdoor workout	<i>Outside Multihallen (maximum 12 participants)</i>

Week 15-18

Monday

12:00-12:45	Strength & Pulse	
12:05-12:45	SomaSlow	
16:00-17:00	Sensing Yoga	<i>(the class is held in Swedish)</i>

Tuesday

07:00-07:35	Outdoor workout	<i>Outside Multihallen (maximum 12 participants) (no class week 17)</i>
09:30-10:10	Vuxenklubben	<i>(no class week 17)</i>
11:45-12:15	Core	<i>(no class week 17)</i>
11:45-12:40	SomaMove	
12:00-12:45	Stress and tension release	

Wednesday

17:05-17:55	SomaSlow	
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