

Workout from home

sign up at aktivitetshusetalmhult.se

Week 25

Monday

12:00-12:45	Strength & Pulse	
12:05-12:45	SomaSlow	
16:00-17:00	Sensing Yoga	(the class is held in Swedish)
17:00-18:00	Kettlebell	

Tuesday

07:00-07:40	Outdoor workout	Outside Multihallen in Älmhult (maximum 12 participants)
11:45-12:15	Core	
11:45-12:40	SomaMove	

Wednesday

17:00-17:55	SomaSlow	
Thursday		
07:00-07:30	Sensing Yoga	(the class is held in Swedish)
11:45-12:15	Mobility	
12:15-12:45	Strength	

Week 26

Monday

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

Tuesday

07:00-07:40	Outdoor workout	Outside Multihallen in Älmhult (maximum 12 participants)
11:45-12:15	Core	
11:45-12:40	SomaMove	
12:00-12:45	Stress and tension release	

Wednesday

17:00-17:55	SomaSlow
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Thursday

07:00-07:30	Sensing Yoga	(the class is held in Swedish)
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	Outside Multihallen in Älmhult (maximum 12 participants)