

## Workout schedule week 35-39

### Monday

11:45 – 12:15	Core		<a href="#">Click here to join</a>
12:15 – 12:45	Mobility		<a href="#">Click here to join</a>
11:45 – 12:30	Weight plate workout	NEW!	<a href="#">Click here to join</a>
17:00 – 18:00	Sensing yoga		<a href="#">Click here to join</a>

### Tuesday

07:00 – 07:40	Outdoor workout		Multihallen
07:15 – 07:30	Meditation (Start week 36)	NEW!	<a href="#">Click here to join</a>
10:00 – 11:00	Vuxenklubben in the gym*	NEW!	Aktivitetshuset
11:45 – 12:30	Full body workout		<a href="#">Click here to join</a>
12:00 – 12:45	Stress & tension release		<a href="#">Click here to join</a>
17:00 – 17:15	Meditation (Start week 36)	NEW!	<a href="#">Click here to join</a>
17:00 – 18:00	SomaMove		<a href="#">Click here to join</a>

### Wednesday

10:00 – 10:40	Sensing yoga on a chair**	NEW!	<a href="#">Click here to join</a>
11:45 – 12:30	SomaSlow		<a href="#">Click here to join</a>

### Thursday

07:00 – 07:35	Sensing yoga		<a href="#">Click here to join</a>
07:15 – 07:30	Meditation	NEW!	<a href="#">Click here to join</a>
11:45 – 12:15	Strength		<a href="#">Click here to join</a>
12:15 – 12:45	Pulse	NEW!	<a href="#">Click here to join</a>
17:00 – 17:15	Meditation	NEW!	<a href="#">Click here to join</a>

### Friday

07:00 – 07:30	Mobility		<a href="#">Click here to join</a>
11:45 – 12:30	Outdoor training***		Multihallen/outdoor gym Klöxhult
11:45 – 12:40	SomaMove		<a href="#">Click here to join</a>

\*Start week 37. Sign up on the homepage or call us, 0476-440 760. [Bokning & registrering \(aktivitetshusetalmhult.se\)](#)

\*\*Use a chair without armrests. All Sensing yoga is held in Swedish.

\*\*\*Week 35, 36, 39 outside Multihallen. Week 37, 38 at Klöxhult outdoor gym.