

# Workout schedule week 47-50

## **NEW!** Live in Multihallen/Studio 1

### **Monday**

11:45 – 12:30 Core/Tabata Sara/Marie Multihallen

### **Tuesday**

07:00 – 07:45 Multi workout/Mobility Sara/Marie Studio 1  
09:30 – 10:30 Vuxenklubben Sara/Marie Multihallen

### **Wednesday**

09:30 – 10:15 Sensing yoga on a chair\* Mia Studio 1

### **Thursday**

11.45 – 12:30 Circle workout Sara/Marie Multihallen

### **Friday**

11:45 – 12:30 Friday Mix Sara/Marie Multihallen  
11:45 – 12:45 SomaMove Ola Studio 1

\*The class is held in Swedish. Maximum 16 participants (first come).

## **Online (Teams)**

### **Monday**

11:45 – 12:10 Core Sara/Marie [Click here to join](#)  
11:45 – 12:30 Weight plate workout Ola [Click here to join](#)  
12:00 – 12:15 Meditation **NEW!** Raul [Click here to join](#)  
17:00 – 18:00 Sensing yoga\* Mia [Click here to join](#)

### **Tuesday**

07:30 – 07:45 Meditation Raul [Click here to join](#)  
11:45 – 12:30 Full body workout Sara/Marie [Click here to join](#)  
12:00 – 12:45 Stress & tension release Anna-Lena [Click here to join](#)  
17:00 – 18:00 SomaMove Ola [Click here to join](#)  
17:30 – 17:45 Meditation Raul [Click here to join](#)

### **Wednesday**

09:30 – 10:15 Sensing yoga on a chair\* Mia [Click here to join](#)  
11:45 – 12:30 SomaSlow Ola [Click here to join](#)

### **Thursday**

07:00 – 07:35 Sensing yoga\* Mia [Click here to join](#)  
07:30 – 07:45 Meditation Raul [Click here to join](#)  
11:45 – 12:10 Strength Sara/Marie [Click here to join](#)  
17:30 – 17:45 Meditation Raul [Click here to join](#)

### **Friday**

07:00 – 07:25 Mobility Sara/Marie [Click here to join](#)  
11:45 – 12:45 SomaMove Ola [Click here to join](#)  
12:00 – 12:15 Meditation **NEW!** Raul [Click here to join](#)

\*All Sensing yoga is held in Swedish.