

## Workout schedule Christmas (week 51, 52, 1, 2)

### Week 51

#### **Monday**

11:45 – 12:30	Christmas Workout	Sara/Marie	Multihallen
11:45 – 12:30	Weight plate workout	Ola	<a href="#">Click here to join</a>
17:00 – 18:00	Sensing yoga*	Mia	<a href="#">Click here to join</a>

#### **Tuesday**

11:45 – 12:30	Christmas Workout	Sara/Marie	<a href="#">Click here to join</a>
17:00 – 18:00	SomaMove	Ola	<a href="#">Click here to join</a>

#### **Wednesday**

11:45 – 12:30	SomaSlow	Ola	<a href="#">Click here to join</a>
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### Week 52

No workout classes

### Week 1

#### **Monday**

11:45 – 12:10	Core	Sara/Marie	<a href="#">Click here to join</a>
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#### **Tuesday**

11:45 – 12:30	Full body workout	Sara/Marie	<a href="#">Click here to join</a>
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#### **Friday**

11:45 – 12:45	SomaMove	Ola	<a href="#">Click here to join</a>
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### Week 2

#### **Monday**

11:45 – 12:10	Core	Sara/Marie	<a href="#">Click here to join</a>
11:45 – 12:30	Weight plate workout	Ola	<a href="#">Click here to join</a>
17:00 – 18:00	Sensing yoga*	Mia	<a href="#">Click here to join</a>

#### **Tuesday**

11:45 – 12:30	Full body workout	Sara/Marie	<a href="#">Click here to join</a>
17:00 – 18:00	SomaMove	Ola	<a href="#">Click here to join</a>

#### **Wednesday**

09:30 – 10:15	Sensing yoga on a chair**	Mia	Studio 1/ <a href="#">Click here to join</a>
11:45 – 12:30	SomaSlow	Ola	<a href="#">Click here to join</a>

#### **Thursday**

07:00 – 07:35	Sensing yoga*	Mia	<a href="#">Click here to join</a>
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.

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