

Health & Wellbeing schedule week 3 ->

Monday

11:45 – 12:30	Core/Tabata*		Sara/Marie	Multihallen
11:45 – 12:10	Core		Sara/Marie	Click here to join
12:10 – 12:35	Harmony Craft	NEW!	Sara/Marie	Click here to join
11:45 – 12:40	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
09:30 – 10:30	Vuxenklubben***		Sara/Marie	Multihallen
11:45 – 12:30	Full body workout		Sara/Marie	Click here to join
11:45 – 12:45	SomaMove		Ola	Click here to join
12:00 – 12:45	Stress & tension release		Anna-Lena	Click here to join
17:30 – 17:45	Meditation		Raul	Click here to join

Wednesday

11:45 – 12:30	SomaSlow		Ola	Click here to join
12:00 – 12:35	Sensing yoga**	NEW!	Mia	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
12:10 – 12:35	Thursday mix	NEW!	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 – 12:30	Friday Mix*		Sara/Marie	Multihallen
11:45 – 12:45	SomaMove		Ola	Click here to join
12:00 – 12:15	Meditation	NEW!	Raul	Click here to join

*Maximum 15 participants. First come.

**All Sensing yoga is held in Swedish.

***Vuxenklubben, maximum 15 participants. You need to book your spot.