

## Health & Wellbeing schedule week 12-15

### Monday

11:45 – 12:30	Core/Tabata	Sara/Marie	Multihallen
11:45 – 12:10	Core	Sara/Marie	<a href="#">Click here to join the meeting</a>
11:45 – 12:40	Weight plate workout	Ola	<a href="#">Click here to join the meeting</a>
12:00 – 12:15	Meditation	Raul	<a href="#">Click here to join the meeting</a>
17:00 – 18:00	Sensing yoga*	Mia	<a href="#">Click here to join the meeting</a>

### Tuesday

07:30 – 07:50	Meditation	Leyla	<a href="#">Click here to join the meeting</a>
09:30 – 10:30	Vuxenklubben**	Sara/Marie	Multihallen
11:45 – 12:30	Full body workout	Sara/Marie	<a href="#">Click here to join the meeting</a>
11:45 – 12:45	SomaMove	Ola	<a href="#">Click here to join the meeting</a>
17:00 – 17:20	Meditation	Raul	<a href="#">Click here to join the meeting</a>

### Wednesday

11:45 – 12:30	Running school	Raymond	Outside Multihallen
11:45 – 12:30	SomaSlow	Ola	<a href="#">Click here to join the meeting</a>
11:45 – 12:20	Sensing yoga*	Mia	Studio 1

### Thursday

07:00 – 07:35	Sensing yoga*	Mia	<a href="#">Click here to join the meeting</a>
07:30 – 07:50	Meditation	Leyla	<a href="#">Click here to join the meeting</a>
11:45 – 12:15	Strength	Sara/Marie	Multihallen
11:45 – 12:10	Strength	Sara/Marie	<a href="#">Click here to join the meeting</a>
17:00 – 17:20	Meditation	Raul	<a href="#">Click here to join the meeting</a>

### Friday (no classes week 15 due to Good Friday)

07:00 – 07:25	Mobility	Sara/Marie	<a href="#">Click here to join the meeting</a>
11:45 – 12:30	Friday mix	Sara/Marie	Multihallen
11:45 – 12:45	SomaMove	Ola	Studio 1/ <a href="#">Click here to join the meeting</a>
12:00 – 12:15	Meditation	Raul	<a href="#">Click here to join the meeting</a>

\*All Sensing yoga is held in Swedish.

\*\*Vuxenklubben, maximum 20 participants. You need to book your spot.