

# Get together with your team at Aktivitetshuset

Choose between our different packages

Details

Contact person

Mobile number

Email

Company

**Total amount of participants**

## Package choice

**Move & Mind Morning (Wednesdays & Thursdays)**

**Move & Mind Afternoon (Wednesdays & Thursdays)**

**Move & Mind Lite (Wednesdays & Thursdays)**

**Play & Connect (Tuesdays, Wednesdays & Thursdays)**

**Customise your package on the next page**

**Please choose 3 preferred dates**

Tuesdays, Wednesdays or Thursdays depending on the package choice

# Options

If you have chosen Move & Mind Lite or Play & Connect, please fill in the following options:

## Move & Mind Lite (Wednesdays & Thursdays)

Sensing Yoga

Breakfast

Functional workout

Swedish FIKA

Soft Functional workout

## Play & Connect (Wednesdays)

Great snacks

Burger menu (Write how many of each)

Ground chuck burger

Halloumi burger

Vego burger

## Special allergies

Or send the form to [aktivitetshuset@inter.ikea.com](mailto:aktivitetshuset@inter.ikea.com)