




SOMMARTRÄNING 2026

v.	Måndag	Tisdag	Onsdag	Torsdag	Söndag
20		12/5 18.30-19:30 Pilates - Jenny H Tullingeberg			
21	18/5 19.00-20.00 Core - Jenny H Tullingeberg			21/5 18:30-19:30 Svettis - Sara Parkhem	24/5 18.00-19:30 Combo Zumba (Fitness + Core) Patricia Tullingeberg
22	 25/5 18.00-19:30 Sommarspecial - Hanna HT Tullingeberg			28/5 18:30-19:30 Cirkel - Hanna B Tullingeberg	 31/5 18.00-19:30 Combo Zumba (Fitness + Core) Patricia Tullingeberg
23	1/6 18:30-19:30 Ströba - Sara Parkhem	2/6 18.00-19.00 Cirkel - Jessica Tullingeberg			7/6 9:30-10:30 Tabata - Jessica Parkhem
24	8/6 18:30-19:30 Ströba - Sara Parkhem	9/6 18:30-19:30 Svettis - Minna Tullingeberg		11/6 18:30-19:30 Cirkel - Hanna B Tullingeberg	 14/6 9:30-10:30 Utefys - Jessica Brantbrink
25	15/6 18:30-19:30 Yoga - Jenny H Tullingeberg		17/6 18.00-19.00 Tabata - Jessica Tullingeberg		
34	17/8 18.00-19.00 Cirkel - Jenny S Tullingeberg		19/8 19.00-20-00 Svettis - Sara Parkhem		23/8 9:30-10:30 Utefys - Jessica Brantbrink 