**Aktivitetsoversikt uke 47**

**19. – 23. november**

Åpent for alle enheter ved Reinsvoll samt for kommunene i nærheten ☺

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Mandag** | **Tirsdag** | **Onsdag** | **Torsdag** | **Fredag** |
| [Bilderesultat for basketball dunk](https://www.google.no/imgres?imgurl=https://i.pinimg.com/736x/a6/e5/67/a6e56792acd27aaeb2c34ff57aef6285--basketball-bedroom-basketball-wall.jpg&imgrefurl=https://www.pinterest.com/hlzimm/basketball/&docid=4sRjsMAAqLnozM&tbnid=chMCtTlJZE8soM:&vet=10ahUKEwjX25HWx7DWAhWBd5oKHfnPBXoQMwiIAShEMEQ..i&w=485&h=485&bih=1083&biw=1920&q=basketball%20dunk&ved=0ahUKEwjX25HWx7DWAhWBd5oKHfnPBXoQMwiIAShEMEQ&iact=mrc&uact=8)  **Basket**  **Kl. 12:15-13:1Autumn%20leaf%201%20smallerAutumn%20leaf%201%20smaller5**    **Yoga**  i salen  **Kl. 13:30 – 14:15** | [Bilderesultat for vanntrening](http://www.bing.com/images/search?view=detailV2&ccid=ffbJHTP/&id=A5EB3590BE17CAD13C2F3DEEFD931DDD485DC67B&thid=OIP.ffbJHTP_ypp7GUuTJXbHXwEsDI&q=vanntrening&simid=608004729018977063&selectedIndex=126)  **Vanntrening**  **Kl. 10:00 - 11:00**  [http://tse1.mm.bing.net/th?&id=OIP.M66a0119bdc27286abab2cc6ffcd79f63o0&w=300&h=300&c=0&pid=1.9&rs=0&p=0](http://www.bing.com/images/search?q=spinning&view=detailv2&&id=4FA781933137E7DCC2828E250FD5277E785A4927&selectedIndex=471&ccid=ZqARm9wn&simid=608038117053499964&thid=OIP.M66a0119bdc27286abab2cc6ffcd79f63o0)  **Kulturnettverkstrening**  på Toten Treningssenter Raufoss  **kl. 13 - 14**  [Bilderesultat for innebandy](http://www.bing.com/images/search?view=detailV2&ccid=9d6ijmPw&id=78ABDD3721F6321921EBE32613528B22044AAFF6&thid=OIP.9d6ijmPw45eDXP4Inz2tdwEsCd&q=innebandy&simid=607996895030414617&selectedIndex=13)  **Innebandy** (i salen)  **Kl. 17:30 – 19:30** | **Kettlebell**  i salen  **Kl. 10:30 – 11:30**  [Bilderesultat for kettlebell workout](https://www.google.no/imgres?imgurl=http://getdrawings.com/img/kettlebell-silhouette-19.jpg&imgrefurl=http://getdrawings.com/kettlebell-silhouette&docid=AbrGSPAS0svkKM&tbnid=rDCtV1kaZgQ_eM:&vet=12ahUKEwin3b3nz4_eAhUCkCwKHaBbDM44rAIQMygYMBh6BAgBEBk..i&w=600&h=600&bih=1083&biw=1920&q=kettlebell%20workout&ved=2ahUKEwin3b3nz4_eAhUCkCwKHaBbDM44rAIQMygYMBh6BAgBEBk&iact=mrc&uact=8) | [Bilderesultat for innebandy](http://www.bing.com/images/search?view=detailV2&ccid=9d6ijmPw&id=78ABDD3721F6321921EBE32613528B22044AAFF6&thid=OIP.9d6ijmPw45eDXP4Inz2tdwEsCd&q=innebandy&simid=607996895030414617&selectedIndex=13)  **Innebandy**  **Kl. 12:15 – 13:15**  [Bilderesultat for vanntrening](http://www.bing.com/images/search?view=detailV2&ccid=ffbJHTP/&id=A5EB3590BE17CAD13C2F3DEEFD931DDD485DC67B&thid=OIP.ffbJHTP_ypp7GUuTJXbHXwEsDI&q=vanntrening&simid=608004729018977063&selectedIndex=126)  **Vanntrening**  **Kl. 13:30 – 14:15** | [http://tse1.mm.bing.net/th?&id=OIP.M66a0119bdc27286abab2cc6ffcd79f63o0&w=300&h=300&c=0&pid=1.9&rs=0&p=0](http://www.bing.com/images/search?q=spinning&view=detailv2&&id=4FA781933137E7DCC2828E250FD5277E785A4927&selectedIndex=471&ccid=ZqARm9wn&simid=608038117053499964&thid=OIP.M66a0119bdc27286abab2cc6ffcd79f63o0)  **Kulturnettverkstrening**  **på Toten Treningssenter**  **Gjøvik**  **kl. 13 - 14** |

Bli med oss i Aktivitetshuset! Hilsen Mona (61 14 73 76/97 03 42 25), Magdalena (61 14 75 50), Lars Ove (61 14 75 51/98 44 28 28) og Janne (61 14 75 52/98 42 50 40)