



BRITANNIA

ST° 1870

## Gruppetrening Britannia Fitness

Uke 27

Mandag 29. juni	Tirsdag 30. juni	Onsdag 1. juli	Torsdag 2. juli	Fredag 3. juli	Lørdag 4. juli	Søndag 5. juli
<b>07:15</b> Cycling 40 – <b>Hilde</b>	<b>07:15</b> Tabata 25 - <b>Hilde</b>		<b>07:15</b> Pilates 60 - <b>Hilde</b>		<b>11:30</b> Hiit Full Body - <b>Lars R</b>	<b>17:00</b> Yoga - <b>Hilde</b>
<b>08:00</b> Britannia Strenght 25 – <b>Hilde</b>	<b>07:45</b> Britannia Strength 25 - <b>Hilde</b>		<b>08:15</b> Mobility Relax 25 - <b>Hilde</b>		<b>12:15</b> Britannia Strenght 25 - <b>Lars R</b>	
<b>08:30</b> Mobility 15 - <b>Hilde</b>	<b>08:15</b> CORE 15 - <b>Hilde</b>		<b>17:30</b> Hiit Full Body - <b>Lars R</b>		<b>12:45</b> Mobility 15 - <b>Lars R</b>	
	<b>08:30</b> Mobility 15 - <b>Hilde</b>		<b>18:15</b> Britannia Strenght 25 - <b>Lars R</b>			
	<b>18:00</b> Britannia Strength 25 - <b>Lars R</b>		<b>18:45</b> Mobility 15 - <b>Lars R</b>			
	<b>18:30</b> CORE 15 – <b>Lars R</b>					
	<b>18:45</b> Mobility 15 – <b>Lars R</b>					