



BRITANNIA

STº 1870

Gruppetrening Britannia Fitness

Uke 32

Mandag 3.august	Tirsdag 4.august	Onsdag 5. august	Torsdag 6. august	Fredag 7. august	Lørdag 8. august	Søndag 9. august
07:15 Cycling 40 – Hilde	07:15 Tabata 25 - Hilde		07:15 Pilates 60 - Hilde	07:15 Cycling 40 – Hilde		
08:00 Britannia Strenght 25 – Hilde	07:45 Britannia Strength 25 - Hilde		08:15 Mobility Relax 25 - Hilde	08:00 Britannia Strenght 25 – Hilde		
08:30 Mobility 15 - Hilde	08:15 CORE 15 - Hilde		17:30 Hiit Full Body - Lars R	08:30 Mobility 15 - Hilde		
17:00 Tabata 25 - Lars	08:30 Mobility 15 - Hilde		18:15 Britannia Strenght 25 - Lars R			
17:45 Mobility - Lars	18:00 Britannia Strength 25 - Lars R		18:45 Mobility 15 - Lars R			
	18:30 CORE 15 – Lars R					
	18:45 Mobility 15 – Lars R					