



BRITANNIA

STº 1870

Gruppetrening Britannia Fitness

Uke 33

Mandag 10.august	Tirsdag 11.august	Onsdag 12. august	Torsdag 13. august	Fredag 14. august	Lørdag 15. august	Søndag 16. august
07:15 Cycling 40 – Hilde	07:15 Tabata 25 - Hilde		07:15 Pilates 60 - Hilde	07:00 Cycling 40 – Lars V	11:30 Hiit Full Body – Lars R	17:00 Yoga 55 - Hilde
08:00 Britannia Strenght 25 - Hilde	07:45 Britannia Strength 25 - Hilde		08:15 Mobility Relax 25 - Hilde		12:15 Britannia Strength 25 – Lars R	
08:30 Mobility 15 - Hilde	08:15 CORE 15 - Hilde				12:45 Mobility 15 – Lars R	
17:00 Tabata 25 – Lars V	08:30 Mobility 15 - Hilde		17:30 Hiit Full Body – Lars R			
17:45 Mobility 15 – Lars V	18:00 Britannia Strength 25 - Lars R		18:15 Britannia Strength 25 – Lars R			
	18:30 CORE 15 – Lars R		18:45 Mobility 15 – Lars R			
	18:45 Mobility 15 – Lars R					