



BRITANNIA

STº 1870

Gruppetrening Britannia Fitness

Uke 34

Mandag 17.august	Tirsdag 18.august	Onsdag 19. august	Torsdag 20. august	Fredag 21. august	Lørdag 22. august	Søndag 23. august
07:15 Cycling 40 – Hilde	07:15 Tabata 25 - Hilde		07:15 Pilates 60 - Hilde	07:15 Cycling 40 – Lars V		
08:00 Britannia Strenght 25 - Hilde	07:45 Britannia Strength 25 - Hilde		08:15 Mobility Relax 25 - Hilde	08.00 Britannia Strength 25 - Lars V		
08:30 Mobility 15 - Hilde	08:15 CORE 15 - Hilde					
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					