



BRITANNIA

STº 1870

Gruppetrening Britannia Fitness

Uke 35

Mandag 24.august	Tirsdag 25.august	Onsdag 26. august	Torsdag 27. august	Fredag 28. august	Lørdag 29. august	Søndag 30. august
07:00 Cycling 40 – Lars V	18:00 Britannia Strength 25 - Lars R		07:15 Hiit Intro - David	07:00 Cycling 40 – Lars V	11:30 Hiit Full Body – Lars R	
17:00 Tabata 25 – Lars V	18:30 CORE 15 – Lars R		17:30 Hiit Full Body – Lars R		12:15 Britannia Strength 25 – Lars R	
17:45 Mobility 15 – Lars V	18:45 Mobility 15 – Lars R		18:15 Britannia Strength 25 – Lars R		12:45 Mobility 15 – Lars R	
			18:45 Mobility 15 – Lars R			