



BRITANNIA

STº 1870

Gruppetrening Britannia Fitness

Uke 37

Mandag 07. september	Tirsdag 08. september	Onsdag 09. september	Torsdag 10. september	Fredag 11. september	Lørdag 12. september	Søndag 13. september
07:15 Cycling 40 – Sofie	07:15 Tabata 25 - Sofie		07:15 Hiit full body - Lars V	07:00 Cycling 40 – Lars V	11:30 Hiit full body – Lars R	
17:00 Tabata 25 – Lars V	07:45 Britannia Strenght 25 - Sofie		17:30 Hiit Full Body – Lars R		12:15 Britannia Strength – Lars R	
17:45 Mobility 15 – Lars V	08:15 Core 15 - Sofie		18:15 Britannia Strength 25 – Lars R		12:45 Mobility 15- Lars R	
	08:30 Mobility 15 - Sofie		18:45 Mobility 15 – Lars R			
	17:30 Britannia Strength 25 - David					
	18:00 CORE 15 – David					
	18:15 Mobility 15 – Lars R					