



BRITANNIA

STº 1870

Gruppetrening Britannia Fitness

Uke 38

Mandag 14. september	Tirsdag 15. september	Onsdag 16. september	Torsdag 17. september	Fredag 18. september	Lørdag 19. september	Søndag 20. september
07:15 Cycling 40 – Sofie	07:15 Tabata 25 - Sofie		07:15 Tabata 25 - Håkon	07:15 Cycling 40 – Sofie		
08:00 Britannia Strenght 25 - Sofie	07:45 Britannia Strenght 25 - Sofie		07:45 Britannia Strenght 25 - Håkon	08:00 Britannia Strenght 25 - Sofie		
08:30 Mobility 15 - Sofie	08:15 Core 15 - Sofie		08:15 Core 15 - Håkon	08:30 Mobility 15 - Sofie		
17:00 Tabata 25 – Lars V	08:30 Mobility 15 - Sofie		08:30 Mobility 15 - Håkon			
17:45 Mobility 15 – Lars V	17:30 Britannia Strength 25 - Lars R		17:30 Hiit Full Body – Lars R			
	18:00 CORE 15 – Lars R		18:15 Britannia Strength 25 – Lars R			
	18:15 Mobility 15 – Lars R		18:45 Mobility 15 – Lars R			