



BRITANNIA

STº 1870

Gruppetrening Britannia Fitness

Uke 39

Mandag 21. september	Tirsdag 22. september	Onsdag 23. september	Torsdag 24. september	Fredag 25. september	Lørdag 26. september	Søndag 27. september
07:15 Cycling 40 – Sofie			07:15 Tabata 25 - Håkon	07:00 Cycling 40 – Lars V		
08:00 Britannia Strenght 25 - Sofie			07:45 Britannia Strenght 25 - Håkon			
08:30 Mobility 15 - Sofie			08:15 Core 15 - Håkon		11:30 Hiit Full Body – Lars R	
17:00 Tabata 25 – Lars V			08:30 Mobility 15 - Håkon		12:15 Britannia Strength 25 – Lars R	
17:30 Britannia Strength 25 - Lars V	17:30 Britannia Strength 25 - Håkon		17:30 Hiit Full Body – Lars R		12:45 Mobility 15 – Lars R	
	18:00 CORE 15 – Håkon		18:15 Britannia Strength 25 – Lars R			
	18:15 Mobility 15 – Håkon		18:45 Mobility 15 – Lars R			