



Group Training 4-22 December 2019*

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------|----------------------------|-------------------------------|----------------------------|-------------------------------|----------------------------|------------------|--------|
| | | | | | | | |
| 08:30 | | TRX Suspension Trn. 30 min | | TRX Suspension Trn. 30 min | | | |
| | | | | | | | |
| 12:00 | HIIT - FULL BODY 40 min | Tabata 30 min | HIIT - FULL BODY 40 min | Tabata 30 min | HIIT - FULL BODY 40 min | Tabata 30 min | |
| | | | | | | | |
| 16:00 | HIIT - FULL BODY 40 min | | HIIT - FULL BODY 40 min | | | | |
| | | | | | | | |
| 18:15 | Tabata 30 min | | Tabata 30 min | | | | |

*If you would like to book a personal trainer during the Christmas-New Year period, 23 December to 1 January, please send a request to fitness@britannia.no
All sessions are free for guests staying at the hotel (subject to availability) and begin in the fitness room on the basement level, except yoga (in the spa).
Contact Spa & Fitness reception to book, or send mail to fitness@britannia.no