



Group Training Nov - Dec 3 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00			Yoga* 60 min				
07:30		TRX Suspension Trn. 30 min		Tabata 30 min			
08:00					Tabata 30 min		
08:30					Mobility 30 min		
09:00	HIIT - PUSH 40 min	Run	HIIT - LEGS 40 min	Run		HIIT - FULL BODY 40 min	
09:45						Mobility 30 min	
12:00					HIIT - PULL 40 min		
15:00					HIIT - PULL 40 min		
16:30		Tabata 30 min	HIIT - LEGS 40 min	TRX Suspension Trn. 30 min			
17:00	Tabata 30 min	Mobility 30 min		Mobility 30 min			
17:30			Pilates* 60 min				
18:00	Yoga* 60 min						
18:30		TRX Suspension Trn. 30 min	Tabata 30 min				
19:00	HIIT - PUSH 40 min						

*Yoga and Pilates sessions must be booked 24 hours in advance.

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