



Group Training 4-22 December 2019*

	MANDAG	TIRSDAG	ONSDAG	TORSDAG	FREDAG	LØRDAG	SØNDAG
07:00			Yoga* 60 min				
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				
17:30			Pilates* 60 min				
18:00	Yoga* 60 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

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

*Yoga and Pilates classes ends after week 50, December 11th

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