



Group Training February & March 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00			Yoga 60 min				
07:30		TRX Suspension Training 30 min		TRX Suspension Training 30 min			
08:00		CORE 30 min		CORE 30 min			
08:30	HIIT - Legs 40 min		HIIT - Upper Body 40 min		HIIT - Full Body 40 min		
09:30						Tabata 30 min	
12:00	TRX Suspension Training 40 min						
14:00					Pilates* 60 min		
16:00			HIIT - Upper Body 40 min		HIIT - Full Body 40 min		
16:30		Tabata 30 min		Tabata 30 min			
17:00	Tabata 30 min	Mobility 30 min		Mobility 30 min			
18:00	Yoga 60 min		CORE 30 min				
18:30			Mobility 30 min				
19:00	HIIT - Legs 40 min						

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

*No Pilates on 21 February 2020