



Gruppetrening Britannia Fitness

Uke 49

Mandag 30.november	Tirsdag 1.desember	Onsdag 2.desember	Torsdag 3.desember	Fredag 4.desember	Lørdag 5.desember
07:15 Pilates 45 – Adreienne	07:30 CORE 25 – Lill/Therese	07:15 Cycling 40 –Andreas	08:00 Cycling Interval 25 – Lill	07:15 Pilates 45 – Adrienne	10:30 Suspension training 25 –Lill
07:30 Cycling Interval 25 – Therese/Andreas	08:00 Cycling Interval 25 – Lill/Therese	08:00 Suspension training 25 – Andreas	08:30 CORE 25 – Lill	07:15 Cycling 40 – Andreas	
08:00 Suspension training 25 – Therese/Andreas	08:30 Strength 25 – Lill/Therese	08:30 Mobility stick 20 – Andreas	09:00 Mobility stretch 20 – Lill	08:00 Strength 25 – Andreas	
08:30 CORE 25 – Therese/Andreas	09:00 Mobility 20 – Lill/Therese	16:30 Pilates 60 – Adrienne	18:00 Tabata 25 – Andreas	08:30 Suspension training 25 – Andreas	
09:00 Mobility Stretch 20 – Therese/Andreas	18:00 Strength 25 – Andreas	18:00 Strength 25 – Lill	18:30 Strength 25 –Andreas	09:00 Mobility 20 – Andreas	
18:15 Yoga 60 – Mikhaila	18:30 CORE 25 – Andreas	18:30 Tabata 25 – Lill		15:00 Tabata 25 – Lill	
18:30 Tabata 25 – Andreas					
19:00 Strength 25 –Andreas					

Påmelding til gruppetime gjøres senest 24 timer i forkant til fitness@britannia.no for å opprettholde retningslinjer om smittevern.
Bekreftelse sendes per e-post ved ledig plass. Egentrening gjøres på andre tidspunkt enn når gruppetimer pågår.