



PT-trening i små grupper

Uke 19

Mandag 10.mai	Tirsdag 11.mai	Onsdag 12.mai	Torsdag 13.mai	Fredag 14.mai	Lørdag 15.mai	Søndag 16.mai
07:15 Cycling 40 —Therese	07:30 Cycling Interval 25 — Therese	07:15 Cycling 40 —Andreas	10:15 Tabata 25 Therese	07:15 Cycling 40 —Therese/Andreas	10:30 Strength 25 —Therese/Lill	09:45 Mobility 15- Neck shoulder relief —Therese/Lill
08:00 Strength 25 — Therese	08:00 Strength 25 — Therese	08:00 CORE 25 — Andreas	10:45 Mobility 15 Neck shoulder relief — Therese	08:00 Strength 25 — Therese/Andreas	11:00 Tabata 25 — Therese/Lill	10:00 Cycling Interval 25 —Therese/Lill
08:30 CORE 25-Therese	08:30 CORE 25 — Therese	08:30 Tabata 25 — Andreas	11:00 CORE 25 — Therese	08:30 Suspension Training 25- Andreas		10:30 CORE 25 — Therese /Lill
09:00 Mobility 15-Therese	09:00 Mobility 15-Therese	09:00 Mobility 15 Neck shoulder relief - Andreas	17:00 Pilates 60 — Adrienne	09:00 Mobility 15 Neck shoulder relief — Andreas		
17:30 Tabata 25 - Andreas	16:30 Tabata 25 — Andreas		18:00 Tabata 25 — Andreas	15:00 Tabata 25 — Andreas		
18:00 Strength 25 — Andreas	17:00 Strength 25 — Andreas		18:30 Strength 25 — Andreas			
18:30 Tabata 25 - Andreas	17:30 CORE 15-Andreas					

Påmelding til gruppetime gjøres 24 timer i forkant til fitness@britannia.no for å opprettholde retningslinjer om smittevern.
Begrenset antall plasser. Det skal opprettholdes minimum to meter avstand. Se vår hjemmeside for mer informasjon om våre smittevernstiltak.