



PT-trening i små grupper

Uke 31

Mandag 2.august	Tirsdag 3.august	Onsdag 4.august	Torsdag 5.august	Fredag 6.august	Lørdag 7.august	Søndag 8.august
07:15 Cycling 40 —Therese	08:00 Suspension Training 25 — Therese	07:15 Cycling Interval 40 —Andreas	09:00 Cycling Interval 25 — Lill	07:15 Cycling Interval 40 —Andreas	10:30 Tabata 25 —Andreas	10:15 Cycling Interval 25 - Lill
08:00 Strength 25 — Therese	08:30 CORE 25 — Therese	08:00 Strength 25 — Andreas	09:30 Strength 25 — Lill	08:00 Strength 25 — Andreas	11:00 Mobility 15- Neck shoulder relief — Lill	10:45 CORE 15 — Lill
08:30 CORE 25 — Therese	09:00 Mobility Relax 25- Therese	08:30 Tabata 25 — Andreas	10:00 Mobility 15- Neck shoulder relief — Lill	08:30 Mobility 15 — Andreas	11:30 KIDS Training* 25 — Lill Place: Meeting room Margrete	11:00 Mobility 15- Neck shoulder relief — Lill
09:00 Mobility 15-Therese	11:30 KIDS Training* 25 — Therese Place: Meeting room Margrete	11:30 KIDS Training* 25 — Andreas Place: Meeting room Margrete	11:30 KIDS Training* 25 — Andreas Place: Meeting room Margrete	11:30 KIDS Training* 25 — Andreas Place: Meeting room Margrete		11:30 KIDS Training* 25 — Lill Where: Meeting room Margrete
11:30 KIDS Training* 25 — Andreas Place: Meeting room Margrete	18:00 Strength 25 — Andreas	16:30 HIIT 25 — Lill	18:00 Tabata 25 — Andreas	16:00 Tabata 25 — Lill		
18:00 Strength 25 — Andreas	18:30 CORE 25-Andreas		18:30 Strength 25 — Andreas			
18:30 Tabata 25 - 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.

KIDS Training er i samarbeid med våre personlige trenere. Alt i fra enkel barneyoga til lekende kondisjonsøvelser. Egnet for barn 6-12 år. Oppmøte på møterom Margrete i 2.etage.