



BRITANNIA

ST. 1870

## PT-trening i små grupper

Uke 37

Mandag 13.september	Tirsdag 14.september	Onsdag 15.september	Torsdag 16.september	Fredag 17.september	Lørdag 18.september	Søndag 19.september
<b>07:15</b> Cycling 40 –Therese	<b>07:15</b> Cycling Interval 40 – Therese	<b>07:15</b> Cycling 40 –Therese	<b>08:00 Master Class Cycling Event</b> 25 – Frank	<b>07:15</b> Cycling 40 –Therese	<b>10:30</b> Strength 25 – Lill	<b>09:45</b> Mobility 15- Lill
<b>08:00</b> Suspension Training 25 Therese	<b>08:00</b> Strength 25-Therese	<b>08:00</b> Strength 25 – Therese	<b>18:00</b> Tabata 25 – Andreas	<b>15:00</b> Crosstraining 25-Lill	<b>11:00</b> Tabata 25- Lill	<b>10:00</b> Cycling Interval 25 – Lill
<b>08:30</b> CORE 25 – Therese	<b>08:30</b> Mobility 15-Therese	<b>08:30</b> Mobility 15 – Therese	<b>18:30</b> Strength 25 – Andreas	<b>15:30</b> CORE 15-Andreas		<b>10:30</b> CORE 15- Lill
<b>09:00</b> Mobility Relax 25-Therese	<b>18:00</b> Strength 25 – Andreas	<b>17:30 Master Class Cycling Event</b> 55 – Frank				
<b>17:30</b> Tabata 25 – Andreas	<b>18:30</b> CORE 25-Andreas	<b>18:30</b> Yoga 55 – Henrik				
<b>18:00</b> Strength 25 – Andreas						
<b>18:30</b> Tabata 25 – Andreas						

Påmelding til gruppetime gjøres 24 timer i forkant til [fitness@britannia.no](mailto: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.