



BRITANNIA

ST. 1870

## PT-trening i små grupper

Uke 41

Mandag 11.oktober	Tirsdag 12.oktober	Onsdag 13.oktober	Torsdag 14.oktober	Fredag 15.oktober	Lørdag 16.oktober	Søndag 17.oktober
<b>07:15</b> Cycling 40 – Therese	<b>07:15</b> Cycling Interval 40 – Therese	<b>07:15</b> Cycling 40 –Therese	<b>07:15</b> Cycling interval 40 – Therese	<b>07:15</b> Cycling 40 –Lill	<b>10:30</b> Strength 25 – Lill	<b>09:45</b> Mobility 15 – Lill/Therese
<b>08:00</b> Suspension Training 25 – Therese	<b>08:00</b> Strength 25-Therese	<b>08:00</b> Strength 25 – Therese	<b>08:00</b> Strength 25 – Therese	<b>08:00</b> Suspension Training 25- Lill	<b>11:00</b> Tabata 25- Lill	<b>10:00</b> Cycling Interval 25 – Lill/Therese
<b>08:30</b> CORE 25 – Therese	<b>08:30</b> CORE 15 – Therese	<b>08:30</b> Mobility Relax 25 – Therese	<b>08:30</b> CORE 25 – Therese	<b>08:30</b> CORE 25-Lill		<b>10:30</b> CORE 25-Lill/Therese
<b>09:00</b> Mobility Relax 25 – Therese	<b>18:00</b> Strength 25 – Lars R.	<b>16:00</b> Cycling Interval 25 – Lill	<b>18:00</b> Tabata 25 – Lill	<b>08:30</b> Mobility 15 – Lill		
<b>18:00</b> Strength 25 – Lars R,	<b>18:30</b> CORE 25-Lars R.	<b>16:30</b> CORE 25 – Lill	<b>18:30</b> Strength 25 – Lill	<b>16:00</b> Tabata 25 – Therese		
<b>18:30</b> Tabata 25 – Lars R.		<b>17:30</b> Yoga 55 – Henrik		<b>16:30</b> CORE 25 – Therese		

Påmelding til gruppetime gjøres til [fitness@britannia.no](mailto:fitness@britannia.no)