



BRITANNIA

ST. 1870

PT-trening i små grupper

Uke 43

Mandag 25.oktober	Tirsdag 26.oktober	Onsdag 27.oktober	Torsdag 28.oktober	Fredag 29.oktober	Lørdag 30.oktober	Søndag 31.oktober
07:15 Cycling 40 – Therese	07:15 Cycling Interval 40 – Therese	07:15 Cycling 40 –Andreas	07:15 Cycling interval 40 – Therese	07:15 Cycling 40 –Andreas	10:30 Strength 25 – Lill	09:45 Mobility 15 – Lill
08:00 Suspension Training 25 – Lill	08:00 Strength 25-Therese	08:00 Strength 25 – Andreas	08:00 CrossBooty 25 – Lill	08:00 Suspension Training 25- Andreas	11:00 Tabata 25- Lill	10:00 Crosstraining 25 – Lill
08:30 CORE 25 – Lill	08:30 CORE 15 – Therese	16:00 Cycling Interval 25 – Therese	08:30 CORE 25 – Lill	08:30 CORE 15-Andreas		10:30 CORE 25 – Lill
09:00 Mobility Relax 15 – Therese/Lill	18:00 Strength 25 – Andreas	16:30 CORE 25 – Therese	18:00 Tabata 25 – Andreas	08:45 Mobility 15 – Andreas		
18:00 Strength 25 – Andreas	18:30 CORE 25-Andreas	17:00 Yoga 55 – Henrik	18:30 Strength 25 – Andreas	16:00 Crosstraining 25 – Lill		
18:30 Tabata 25 – Andreas				16:30 Cycling interval 25 – Lill		

Påmelding til gruppetime gjøres til fitness@britannia.no