



BRITANNIA

ST. 1870

PT-trening i små grupper

Uke 47

Mandag 22.november	Tirsdag 23.november	Onsdag 24.november	Torsdag 25.november	Fredag 26.november	Lørdag 27.november	Søndag 28.november
07:15 Cycling 40 – Therese	07:15 Cycling Interval 40 – Lill/Therese	07:15 Cycling 40 –Andreas	07:00 Mobility 15 – Therese	07:15 Cycling 40 –Andreas	10:30 Strength 25 – Lill	11:30 Mobility 15 – Lill
08:00 Suspension Training 25 – Therese	08:00 Britannia Strength 25- Lill	08:00 Strength 25 – Andreas	07:15 Cycling Interval 25 – Therese	08:00 Suspension Training 25- Andreas	11:00 Tabata 25- Lill	11:45 Cycling 40 – Lill
08:30 CORE 15 – Therese	08:30 CORE 15 – Lill	17:00 Yoga 55 – Henrik	07:45 CORE 15 – Therese	08:30 Strength 25- Andreas		12:30 CORE 15 – Lill
08:45 Mobility 15 – Therese	18:00 Strength 25 – Andreas	18:00 CORE 25 – Lill	18:00 Tabata 25 – Andreas	15:30 CORE 25 – Lill		
18:00 Tabata 25 – Andreas	18:30 CORE 25-Andreas	18:30 Cycling Interval 25 – Lill	18:30 Strength 25 – Andreas	16:00 CrossBooty 25 – Lill		
18:30 Strength 25 –Andreas				16:30 Cycling Interval 25 – Lill		

Påmelding til gruppetime gjøres til fitness@britannia.no