



Gruppetrening

Uke 49

Mandag 6.desember	Tirsdag 7.desember	Onsdag 8.desember	Torsdag 9.desember	Fredag 10.desember	Lørdag 11.desember	Søndag 12.desember
07:15 Cycling 40 – Therese	07:15 Cycling Interval 40 – Lill	07:15 Cycling 40 –Andreas	07:15 Mobility Relax 15 – Therese	07:15 Cycling 40 –Andreas/Therese	10:30 Strength 25 – Lill	09:45 Mobility 15 – Therese/Lill
08:00 Suspension Training 25 – Lill	08:00 Strength 25- Lill	08:00 Strength 25 – Andreas	07:30 Cycling Interval 25 – Therese	08:00 Strength 25- Andreas	11:00 Tabata 25- Lill	10:00 Cycling 40 – Therese/Lill
08:30 CORE 15 – Lill	08:30 CORE 15 – Therese	16:00 Cycling Interval 25 – Lill	08:00 CORE 25 – Therese	08:30 CORE 15- Andreas		10:45 CORE 15 – Therese/Lill
08:45 Mobility 15 – Lill	18:00 Strength 25 – Andreas	16:30 CORE 25 – Lill	18:00 Tabata 25 – Andreas	15:30 CORE 25 – Lill		
18:00 Tabata 25 – Andreas	18:30 CORE 25-Andreas	17:00 Yoga 55 – Henrik	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