



BRITANNIA

ST. 1870

Gruppetrening

Uke 25

Mandag 20.juni	Tirsdag 21.juni	Onsdag 22.juni	Torsdag 23.juni	Fredag 24.juni	Lørdag 25.juni	Søndag 26.juni
07:15 Cycling 40 –Lill	07:30 Cycling Interval 25 Lill	07:15 Cycling 40 –Therese	07:15 Cycling Interval 40 – Lill	07:15 Cycling 40 –Therese	12:00 Tabata 25 –Lill	14:00 Tabata Cardio&CORE 25 –Lill
08:00 Strength 25 – Lill	08:00 Suspension Training 25 Lill	08:00 Strength 25 – Therese	08:00 Suspension Training 25 – Lill	08:00 CORE 15 – Therese	12:30 Strength 25 – Lill	14:30 Strength 25 – Lill
08:30 CORE 15–Lill	17:00 Strength 25–Therese	08:30 CORE 25 – Therese	08:30 CORE 15 – Lill			
17:30 Tabata 25 – Therese	17:30 CORE 25–Therese	16:30 CrossBooty 25 – Lill	18:00 Tabata 25 – Lars			
18:00 Strength 25 – Therese			18:30 Strength 25 – Lars			

Påmelding til gruppetime gjøres 24 timer i forkant til fitness@britannia.no