



Gruppetrening

Uke 27

Mandag 4.juli	Tirsdag 5.juli	Onsdag 6.juli	Torsdag 7.juli	Fredag 8.juli	Lørdag 9.juli	Søndag 10.juli
07:15 Cycling 40 – Therese	07:30 Cycling Interval 25 – Therese	07:15 Cycling 40 – Therese	17:00 Tabata 25 – Lars	13:30 Tabata 25 – Lars		17:30 Tabata 25 – Lars
08:00 Strength 25 – Therese	08:00 Suspension Training 25 – Therese	08:00 Strength 25 – Therese	17:30 Strength 25 – Lars			18:00 Strength 25 – Lars
08:30 CORE 15– Therese	08:30 CORE 15– Therese	08:30 CORE 25 – Therese				
17:30 Tabata 25 – Lars	08:45 Mobility 15– Therese	17:00 Yoga 25 – Henrik				
18:00 Strength 25 – Lars						
13:00 Kids Activity 25	13:00 Kids Activity 25	13:00 Kids Activity 25	13:00 Kids Activity 25	13:00 Kids Activity 25		
Children up to 8 years old* Place: Meeting room Astri	Children up to 8 years old* Place: Meeting room Astri	Children up to 8 years old* Place: Meeting room Astri	Children up to 8 years old* Place: Meeting room Astri	Children up to 8 years old* Place: Meeting room Astri		

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