



BRITANNIA

ST. 1870

## Gruppetrening

Uke 38

Mandag 19.september	Tirsdag 20.september	Onsdag 21.september	Torsdag 22.september	Fredag 23.september	Lørdag 24.september	Søndag 25.september
<b>07:15</b> Cycling 40 – Therese	<b>07:30</b> Tabata 25 – Lise	<b>07:15</b> Cycling 40 – Therese	<b>07:30</b> Tabata 25 – Lise	<b>07:15</b> Cycling 40 – Therese	<b>08:30</b> Tabata 25 – Lars	<b>17:00</b> Yoga 55 – Natalia
<b>08:00</b> Strength 25 – Therese	<b>08:00</b> Suspension Training 25 – Lise	<b>08:00</b> Strength 25 – Therese	<b>08:00</b> Suspension Training 25 – Lise	<b>08:00</b> Strength 25 – Therese	<b>09:00</b> Strength 25 – Lars	
<b>08:30</b> CORE 25 – Therese/Lise	<b>08:30</b> CORE 15 – Lise	<b>08:30</b> CORE 25 – Therese	<b>08:30</b> CORE 15 – Lise	<b>08:30</b> CORE 25 – Therese		
<b>18:00</b> Tabata 25 – Martin	<b>08:45</b> Mobility Relax 15 – Lise	<b>18:00</b> Tabata 25 – Lise	<b>08:45</b> Mobility Relax 15 – Lise	<b>14:00</b> Tabata 25 – Lise		
<b>18:30</b> Strength 25 – Martin	<b>17:30</b> Strength 25 – Therese	<b>18:30</b> Mobility Relax 15 – Lise				
	<b>18:00</b> CORE 25 – Therese					

Påmelding til gruppetime gjøres 24 timer i forkant til [fitness@britannia.no](mailto:fitness@britannia.no)