



Gruppetrening

Uke 39

Mandag 26.september	Tirsdag 27.september	Onsdag 28.september	Torsdag 29.september	Fredag 30.september	Lørdag 1.oktober	Søndag 2.oktober
07:15 Cycling 40 – Therese/Lise	07:30 Tabata 25 – Lise	07:15 Cycling 40 – Therese	07:30 Tabata 25 – Lise	07:15 Cycling 40 – Therese	12:00 Tabata 25 – Lise	17:00 Yoga 55 – Natalia
08:00 Strength 25 – Therese/Lise	08:00 Suspension Training 25 – Therese	08:00 Strength 25 – Therese	08:00 Suspension Training 25 – Lise	08:00 Strength 25 – Therese	12:30 Strength 25 – Lise	
08:30 CORE 25 – Therese/Lise	08:30 CORE 15 – Therese	08:30 CORE 25 – Therese	08:30 CORE 15– Lise			
18:00 Tabata 25 – Martin	08:45 Mobility Relax 15 – Therese	16:30 Cycling 25 – Lise	08:45 Mobility Relax 15– Lise			
18:30 Strength 25 – Martin	18:00 Strength 25 – Martin	17:00 Mobility Relax 25 – Lise	18:00 Tabata Cardio&CORE 25 – Therese			
	18:30 CORE 25 – Martin		18:30 Strength 25 – Therese			

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