



BRITANNIA

ST. 1870

## Gruppetrening

Uke 47

Mandag 21.november	Tirsdag 22.november	Onsdag 23.november	Torsdag 24.november	Fredag 25.november	Lørdag 26.november	Søndag 27.november
<b>17:00</b> Tabata 25 – Martin	<b>07:15</b> Tabata 25 – Therese	<b>07:15</b> Cycling 40 – Ingvild	<b>07:30</b> Tabata 25 – Therese	<b>07:15</b> Cycling 40 – Martin	<b>12:00</b> Tabata 25 – Lars	<b>17:00</b> Yoga 55 – Natalia
<b>17:30</b> Strength 25 – Martin	<b>07:45</b> CORE 25 – Therese	<b>08:00</b> Strength 25 – Ingvild	<b>08:00</b> Suspension Training 25 – Therese	<b>08:00</b> Strength 25 – Martin	<b>12:30</b> Strength 25 – Lars	
	<b>18:00</b> Strength 25 – Martin	<b>17:30</b> Tabata 25 – Lars	<b>08:30</b> CORE 15– Therese			
	<b>18:30</b> CORE 25 – Martin	<b>18:00</b> Mobility Relax 25 – Lars	<b>08:45</b> Mobility 15– Therese			
			<b>18:00</b> Strength 25 – Martin			
			<b>18:30</b> CORE 25 – Martin			

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