



Gruppetrening

Uke 49

Mandag 5.desember	Tirsdag 6.desember	Onsdag 7.desember	Torsdag 8.desember	Fredag 9.desember	Lørdag 10.desember	Søndag 11.desember
07:15 Cycling 40 – Therese	07:30 Cycling Interval 25 – Therese	16:00 CrossBooty 25 – Martin	07:30 Tabata 25 – Therese	07:15 Cycling 40 – Martin	12:00 Tabata 25 – Lars/Therese	17:00 Yoga 55 – Natalia
08:00 Strength 25 – Therese	08:00 CORE 15 – Therese	17:30 Tabata 25 – Lars	08:00 Suspension Training 25 – Therese		12:30 Strength 25 – Lars/Therese	
08:00 CORE 25 – Therese	08:15 Suspension Training 25 – Therese	18:00 Mobility Relax 25 – Lars	08:30 CORE 15– Therese			
18:00 Tabata 25 – Martin	08:45 Mobility 15 – Therese		08:45 Mobility 15– Therese			
18:30 Strength 25 – Martin	18:00 Strength 25 – Martin		18:00 Strength 25 – Martin			
	18:30 CORE 25 – Martin		18:30 CORE 25 – Martin			

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