



BRITANNIA

ST. 1870

Gruppetrening

Uke 4

Mandag 23.januar	Tirsdag 24.januar	Onsdag 25.januar	Torsdag 26.januar	Fredag 27.januar	Lørdag 28.januar	Søndag 29.januar
07:15 Cycling 40 – Therese	07:30 Tabata 25 – Therese	07:15 Cycling 40 – Therese	07:30 Tabata 25 – Therese	07:00 CORE 15 – Martin	12:00 Tabata 25 – Lars	16:15 Tabata 25 – Therese
08:00 Strength 25 – Therese	08:00 Suspension Training 25 – Therese	08:00 Strength 25 – Therese	08:00 Suspension Training 25 – Therese	07:15 Cycling 40 – Martin	12:30 Strength 25 – Lars	16:45 CORE 15 – Therese
08:30 CORE 25 – Therese	08:30 CORE 15 – Therese	08:30 CORE 25 – Therese	08:30 CORE 15 – Therese			18:15 Yoga 55 – Natalia
18:00 Tabata 25 – Martin	08:45 Mobility 15 – Therese	17:00 Kettlebell Basic 25 – Lars	08:45 Mobility 15 – Therese			
18:30 Strength 25 – Martin	18:00 Strength 25 – Martin	17:30 Cycling Interval 25 – Lars	18:00 Strength 25 – John			
	18:30 CORE 25 – Martin		18:30 CORE 25 – John			

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