



Gruppetrening

Uke 6

Mandag 6.februar	Tirsdag 7.februar	Onsdag 8.februar	Torsdag 9.februar	Fredag 10.februar	Lørdag 11.februar	Søndag 12.februar
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/Therese	12:00 Tabata 25 – Lars	16:15 Tabata 25 – John
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/Therese	12:30 Strength 25 – Lars	16:45 CORE 15 – John
08:30 CORE 25 – Therese	08:30 CORE 15 – Therese	08:30 CORE 25 – Therese	08:30 CORE 15– Therese			17:00 Yoga 55 – Natalia
18:00 Tabata 25 – Martin	08:45 Mobility 15 – Therese	16:00 Crossbooty 25 – Martin/John	08:45 Mobility 15– Therese			
18:30 Strength 25 – Martin	18:00 Strength 25 – Martin	17:00 Strength 25 – John	18:00 Strength 25 – Martin			
	18:30 CORE 25 – Martin	17:30 Cycling Interval 25 – John	18:30 CORE 25 – Martin			

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