



BRITANNIA

ST. 1870

Gruppetrening

Uke 11

Mandag 13.mars	Tirsdag 14.mars	Onsdag 15.mars	Torsdag 16.mars	Fredag 17.mars	Lørdag 18.mars	Søndag 19.mars
07:15 Cycling 40 – Therese	07:30 Tabata 25 – Therese	07:15 Cycling 40 – Therese	07:30 Tabata 25 – John	07:00 CORE 15 – Therese	12:00 Tabata 25 – Lars	17:00 Yoga 55 – Natalia
08:00 Strength 25 – Therese	08:00 Suspension Training 25 – Therese	08:00 Strength 25 – Therese	08:00 Suspension Training 25 – John	07:15 Cycling 40 – Therese	12:30 Strength 25 – Lars	
08:30 CORE 25 – Therese	08:30 CORE 15 – Therese	08:30 CORE 25 – Therese	08:30 CORE 15 – John	08:00 Strength 25 – Therese		
18:00 Tabata 25 – Martin	08:45 Mobility 15 – Therese	17:00 Suspension Training 25 – Martin	08:45 Mobility 15 – John			
18:30 Strength 25 – Martin	18:00 Strength 25 – Martin	17:30 Cycling Interval 25 – John	18:00 Tabata Cardio & CORE 25 – Therese			
	18:30 CORE 25 – Martin		18:30 Strength 25 – Therese			
			19:00 Mobility Relax 25 – Therese			

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