



Gruppetrening

Uke 13

Mandag 27.mars	Tirsdag 28.mars	Onsdag 29.mars	Torsdag 30.mars	Fredag 31.mars	Lørdag 1.april	Søndag 2.april
07:15 Cycling 40 – John	07:30 Tabata 25 – Therese	07:15 Cycling 40 – Therese	07:30 Tabata 25 – John	07:00 CORE 15 – Martin/Therese	11:00 Tabata 25 – Therese	
08:00 Strength 25 – John	08:00 Suspension Training 25 – Therese	08:00 Strength 25 – Therese	08:00 Suspension Training 25 – John	07:15 Cycling 40 – Martin/Therese	11:30 Strength 25 – Therese	
08:30 CORE 25 – John	08:30 CORE 15 – Therese	08:30 CORE 25 – Therese	08:30 CORE 15 – John			
18:00 Tabata 25 – Martin	08:45 Mobility 15 – Therese	17:00 Suspension Training 25 – John	08:45 Mobility 15 – John			
18:30 Strength 25 – Martin	18:00 Strength 25 – Martin	17:30 Cycling Interval 25 – John	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