



BRITANNIA

ST. 1870

# Gruppetrening

Uke 21

Mandag 22.mai	Tirsdag 23.mai	Onsdag 24.mai	Torsdag 25.mai	Fredag 26.mai	Lørdag 27.mai	Søndag 28.mai
<b>07:15</b> Cycling 40 – Therese	<b>07:30</b> Tabata 25 – Therese	<b>07:15</b> Cycling 40 – Therese	<b>07:30</b> Tabata 25 – Therese	<b>07:15</b> Cycling 40 – Martin	<b>12:00</b> Tabata 25 – John	
<b>08:00</b> Strength 25 – Therese	<b>08:00</b> Suspension Training 25 – Therese	<b>08:00</b> Strength 25 – Therese	<b>08:00</b> Suspension Training 25 – Therese	<b>08:00</b> Strength 25 – Martin/Therese	<b>12:30</b> Strength 25 – John	
<b>08:30</b> CORE 25 – Therese	<b>08:30</b> CORE 15 – Therese	<b>08:30</b> CORE 25 – Therese	<b>08:30</b> CORE 25 – Therese			
<b>18:00</b> Tabata 25 – Martin	<b>08:45</b> Mobility 15 – Therese	<b>17:00</b> Cycling Interval 25- John	<b>08:45</b> Mobility 15 – Therese			
<b>18:30</b> Strength 25 – Martin	<b>18:00</b> Strength 25 – Martin	<b>17:30</b> Suspension training 25- John	<b>18:00</b> Strength 25 – Martin			
	<b>18:30</b> CORE 25 – Martin		<b>18:30</b> CORE 25 – Martin			

Påmelding til gruppetime gjøres 24 timer i forkant til [fitness@britannia.no](mailto:fitness@britannia.no)