



BRITANNIA

ST® 1870

## Gruppetrening

Uke 38

Mandag 18.september	Tirsdag 19.september	Onsdag 20.september	Torsdag 21.september	Fredag 22.september	Lørdag 23.september	Søndag 24.september
<b>07:15</b> Cycling 40 – John	<b>07:30</b> Tabata 25 – John	<b>07:15</b> Cycling 40 – Martin	<b>07:30</b> Tabata 25 – John	<b>07:15</b> Cycling 40 – Martin		<b>17:00</b> Yoga 55 – Camilla
<b>08:00</b> Strength 25 – John	<b>08:00</b> Suspension Training 25 – John	<b>08:00</b> Strength 25 – Martin	<b>08:00</b> Suspension Training 25 – John	<b>08:00</b> Strength 25 – Martin		
<b>08:30</b> CORE 25 – John	<b>08:30</b> CORE 15 – John	<b>08:30</b> CORE 25 – Martin	<b>08:30</b> CORE 15 – John			
<b>18:00</b> Tabata 25 – Martin	<b>08:45</b> Mobility 15 – John		<b>08:45</b> Mobility 15 – John			
<b>18:30</b> Strength 25 – Martin	<b>18:00</b> Strength 25 – Martin		<b>18:00</b> Strength 25 – Martin			
	<b>18:30</b> CORE 25 – Martin		<b>18:30</b> CORE 25 – Martin			
			<b>19:00</b> Mobility 10 – Martin			

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