



Gruppetrening

Uke 39

Mandag 25.september	Tirsdag 26.september	Onsdag 27.september	Torsdag 28.september	Fredag 29.september	Lørdag 30.september	Søndag 1.oktober
07:15 Cycling 40 – John	07:30 Tabata 25 – John/Therese	07:15 Cycling 40 – Martin/Therese	07:30 Tabata 25 – John	07:15 Cycling 40 – Martin	10:00 Tabata 25 – Therese	17:00 Yoga 55 – Camilla
08:00 Strength 25 – John	08:00 Suspension Training 25 – John/Therese	08:00 Strength 25 – Martin/Therese	08:00 Suspension Training 25 – John	08:00 Strength 25 – Martin	10:30 Strength 25 – Therese	
08:30 CORE 25 – John	08:30 CORE 15 – John/Therese	08:30 CORE 25 – Martin/Therese	08:30 CORE 15 – John		11:00 Mobility 15 – Therese	
18:00 Tabata 25 – Martin	08:45 Mobility 15 – John/Therese		08:45 Mobility 15 – John			
18:30 Strength 25 – Martin	18:00 Strength 25 – Martin		18:00 Strength 25 – Martin			
	18:30 CORE 25 – Martin		18:30 CORE 25 – Martin			
			19:00 Mobility 10 – Martin			

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