



BRITANNIA

ST® 1870

Gruppetrening Britannia Fitness
Uke 16

Mandag 14. april	Tirsdag 15. april	Onsdag 16. april	Torsdag 17. april	Fredag 18. april	Lørdag 19. april	Søndag 20. april
09:00 Cycling 40 - Lars	18:00 Britannia Strength 25- Martin	08:00 Cycling 40 - Martin	17:00 Hiit Full Body 40 - Martin		11:00 Hiit Full Body 40- Martin	
09:45 Mobility 15 - Lars	18:30 Core 15 - Martin	08:45 Britannia Strength 25 - Martin	17:45 Mobility 15 - Martin		11:45 Britannia Strength 25- Martin	
17:00 Hiit full body 40 - Martin	18.45 Mobility 15 - Martin	09:15 Mobility 15 - Martin	18:00 Tabata 25 - Martin		12:15 Core 15- Martin	
17:45 Mobility 15- Martin			18:30 Britannia Strength 25 – Martin		12:30 Mobility 15 - Martin	

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