



BRITANNIA

ST® 1870

Gruppetrening Britannia Fitness
Uke 19

Mandag 05. mai	Tirsdag 06. mai	Onsdag 07. mai	Torsdag 08. mai	Fredag 09. mai	Lørdag 10. mai	Søndag 11. mai
07:15 Cycling 40 - Lars	16:30 Britannia Strength 25 - Martin	07:15 Cycling 40 - Martin	17:00 Hiit Full Body 40 - Martin	07:15 Cycling 40 - Martin	11:00 Hiit Full Body 40 - Lars	
08:00 Britannia Strength 25 - Lars	17:00 Core 15 - Martin	08:00 Britannia Strength 25 - Martin	17:45 Mobility 15 - Martin	08:00 Britannia Strength 25 - Martin	11:45 Britannia Strength 25- Lars	
08:30 Mobility 15 - Lars	17:15 Mobility 15 - Martin	08:30 Mobility 15 - Martin	18:00 Tabata 25 - Martin	08:30 Mobility 15 - Martin	12:15 Mobility 15 - Lars	
17:00 Hiit full body 40 - Martin	18:00 Britannia Strength 25 - Martin	19:00 Britannia Strength 25 – Lars	18:30 Britannia Strength 25 - Martin			
17:45 Mobility 15 - Martin	18:30 Core 15 - Martin	19:30 Yoga 55 – Lars				
	18:45 Mobility 15 - Martin					

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