



BRITANNIA

ST. 1870

## Gruppetrening Britannia Fitness

### Uke 45

Mandag 3. November	Tirsdag 4. November	Onsdag 5. November	Torsdag 6. November	Fredag 7. November	Lørdag 8. November	Søndag 9. November
<b>7:15</b> Cycling 40 - <b>Hilde</b>	<b>7:15</b> Tabata 25 - <b>Hilde</b>	<b>07:15</b> Cycling 40 - <b>Martin</b>	<b>7:15</b> Tabata 25- <b>Hilde</b>	<b>7:15</b> Cycling 40 - <b>Martin</b>	<b>11:30</b> Hiit full body 40 - <b>Lars</b>	
<b>8:00</b> Britannia Strength 25 - <b>Hilde</b>	<b>7:45</b> Britannia Strenght 25 - <b>Hilde</b>	<b>08:00</b> Britannia Strength 25 - <b>Martin</b>	<b>7:45</b> Britannia Strenght 25 - <b>Hilde</b>	<b>8:00</b> Britannia Strength 25 - <b>Martin</b>	<b>12:15</b> Britannia Strength 25 - <b>Lars</b>	
<b>8:30</b> Mobility 15 - <b>Hilde</b>	<b>8:15</b> CORE 15 - <b>Hilde</b>		<b>8:15</b> CORE 15 - <b>Hilde</b>	<b>08:30</b> Mobilty 15 - <b>Martin</b>	<b>12:45</b> Mobilty 15 - <b>Lars</b>	
<b>17:00</b> Hiit full body 40 - <b>Martin</b>	<b>8:30</b> Mobilty 15 - <b>Hilde</b>		<b>8:30</b> Mobilty 15 - <b>Hilde</b>			
<b>17:45</b> Mobility 15 - <b>Martin</b>	<b>18:00</b> Britannia Strength 25 - <b>Martin</b>	<b>19:00</b> Britannia Strength 25 - <b>Lars</b>	<b>17:00</b> Hiit full body 40 - <b>Martin</b>			
	<b>18:30</b> CORE 15 - <b>Martin</b>	<b>19:30</b> Yoga 55- <b>Lars</b>	<b>17:45</b> Mobility 15 - <b>Martin</b>			
	<b>18:45</b> Mobilty 15 - <b>Martin</b>		<b>18:00</b> Tabata 25 - <b>Martin</b>			
			<b>18:30</b> Britannia Strength 25 - <b>Martin</b>			

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