



BRITANNIA

ST® 1870

Gruppetrening Britannia Fitness
Uke 46

Mandag 10. November	Tirsdag 11. November	Onsdag 12. November	Torsdag 13. November	Fredag 14. November	Lørdag 15. November	Søndag 16. November
7:15 Cycling 40 - Hilde	7:15 Tabata 25 - Hilde	07:15 Cycling 40 - Martin	7:15 Tabata 25- Hilde	7:15 Cycling 40 - Hilde	11:30 Hiit full body 40 - Martin	
8:00 Britannia Strength 25 - Hilde	7:45 Britannia Strenght 25 - Hilde	08:00 Britannia Strength 25 - Martin	7:45 Britannia Strenght 25 - Hilde	8:00 Britannia Strength 25 - Hilde	12:15 Britannia Strength 25 - Martin	
8:30 Mobility 15 - Hilde	8:15 CORE 15 - Hilde	19:00 Britannia Strength 25 - Lars	8:15 CORE 15 - Hilde	08:30 Mobilty 15 - Hilde	12:45 Mobilty 15 - Martin	
17:00 Hiit full body 40 - Martin	8:30 Mobilty 15 - Hilde	19:30 Yoga 55- Lars	8:30 Mobilty 15 - Hilde			
17:45 Mobility 15 - Martin	18:00 Britannia Strength 25 - Martin		17:00 Hiit full body 40 - Martin			
	18:30 CORE 15 - Martin		17:45 Mobility 15 - Martin			
	18:45 Mobilty 15 - Martin		18:00 Tabata 25 - Martin			
			18:30 Britannia Strength 25 - Martin			

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