



BRITANNIA

ST.º 1870

Gruppetrening Britannia Fitness
Uke 47

Mandag 17. November	Tirsdag 18. November	Onsdag 19. November	Torsdag 20. November	Fredag 21. November	Lørdag 22. November	Søndag 23. November
7:15 Cycling 40 - Hilde	7:15 Tabata 25 - Martin	07:15 Cycling 40 - Martin	7:15 Tabata 25- Hilde	7:15 Cycling 40 - Martin	11:30 Hiit full body 40 - Lars	17:00 Yoga 55 - Hilde
8:00 Britannia Strength 25 - Hilde	7:45 Britannia Strenght 25 - Martin	08:00 Britannia Strength 25 - Martin	7:45 Britannia Strenght 25 - Hilde	8:00 Britannia Strength 25 - Martin	12:15 Britannia Strength 25 - Lars	
8:30 Mobility 15 - Hilde	8:15 CORE 15 - Martin	08:30 Mobility 15 - Martin	8:15 CORE 15 - Hilde	08:30 Mobilty 15 - Martin	12:45 Mobilty 15 - Lars	
17:00 Hiit full body 40 - Martin	8:30 Mobilty 15 - Martin	19:00 Hiit full body 40 - Lars	8:30 Mobilty 15 - Hilde			
17:45 Mobility 15 - Martin	18:00 Britannia Strength 25 - Martin	19:45 Britannia Strength 25 - Lars	17:00 Hiit full body 40 - Martin			
	18:30 CORE 15 - Martin	20:15 Mobilty 15 - Lars	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