



BRITANNIA

ST° 1870

Gruppetrening Britannia Fitness

Uke 10

Mandag 02. Mars	Tirsdag 03. Mars	Onsdag 04. Mars	Torsdag 05. Mars	Fredag 06. Mars	Lørdag 07. Mars	Søndag 08. Mars
07:15 Cycling 40 - Hilde	07:15 Tabata 25 - Hilde	07:15 Cycling 40 - Lars	07:15 Tabata 25 - Hilde	07:15 Cycling 40 - Hilde	11:30 Hiit full body 40 - Martin	
08:00 Britannia Strength 25 - Hilde	07:45 Britannia Strength 25 - Hilde		07:45 Britannia Strength 25 - Hilde	08:00 Britannia Strength 25 - Hilde	12:15 Britannia Strength 25 - Martin	
08:30 Mobility 15 - Hilde	08:15 CORE 15 - Hilde		08:15 CORE 15 - Hilde	08:30 Mobility 15 - Hilde	12:45 Mobility 15 - Martin	
	08:30 Mobility 15 - Hilde	17:00 Hiit full body 40 - Lars	08:30 Mobility 15 - Hilde			
	18:00 Britannia Strength 25 - Martin	18:15 Britannia Strength 25 - Lars	17:00 Tabata 25 - Martin			
	18:30 CORE 15 - Martin	18:45 Mobility 15 - Lars	17:30 Britannia Strength 25 - Martin			
	18:45 Mobility 15 - Martin		18:00 Hiit full body 40 - Martin			
			18:45 Mobility - Martin			