



BRITANNIA

ST° 1870

## Gruppetrening Britannia Fitness

Uke 11

Mandag 09. Mars	Tirsdag 10. Mars	Onsdag 11. Mars	Torsdag 12. Mars	Fredag 13. Mars	Lørdag 14. Mars	Søndag 15. Mars
<b>07:15</b> Cycling 40 - <b>Hilde</b>	<b>07:15</b> Tabata 25 - <b>Hilde</b>	<b>07:15</b> Cycling 40 - <b>Martin</b>	<b>07:15</b> Tabata 25 - <b>Hilde</b>	<b>07:15</b> Cycling 40 - <b>Martin</b>	<b>11:30</b> Hiit full body 40 - <b>Lars</b>	<b>17:00</b> Yoga 55 - <b>Hilde</b>
<b>08:00</b> Britannia Strength 25 - <b>Hilde</b>	<b>07:45</b> Britannia Strength 25 - <b>Hilde</b>	<b>08:00</b> Britannia Strength 25 - <b>Martin</b>	<b>07:45</b> Britannia Strength 25 - <b>Hilde</b>	<b>08:00</b> Britannia Strength 25 - <b>Martin</b>	<b>12:15</b> Britannia Strength 25 - <b>Lars</b>	
<b>08:30</b> Mobility 15 - <b>Hilde</b>	<b>08:15</b> CORE 15 - <b>Hilde</b>	<b>08:30</b> Mobility 15 - <b>Martin</b>	<b>08:15</b> CORE 15 - <b>Hilde</b>	<b>08:30</b> Mobility 15 - <b>Martin</b>	<b>12:45</b> Mobility 15 - <b>Lars</b>	
<b>17:00</b> Hiit full body 40 - <b>Martin</b>	<b>08:30</b> Mobility 15 - <b>Hilde</b>	<b>17:30</b> Hiit full body 40 - <b>Lars</b>	<b>08:30</b> Mobility 15 - <b>Hilde</b>			
<b>17:45</b> Mobility 15 - <b>Martin</b>	<b>18:00</b> Britannia Strength 25 - <b>Martin</b>	<b>18:15</b> Britannia Strength 25 - <b>Lars</b>	<b>17:00</b> Tabata 25 - <b>Martin</b>			
	<b>18:30</b> CORE 15 - <b>Martin</b>	<b>18:45</b> Mobility 15 - <b>Lars</b>	<b>17:30</b> Britannia Strength 25 - <b>Martin</b>			
	<b>18:45</b> Mobility 15 - <b>Martin</b>					

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