



BRITANNIA

ST° 1870

Gruppetrening Britannia Fitness

Uke 17

Mandag 20. april	Tirsdag 21. april	Onsdag 22. april	Torsdag 23. april	Fredag 24. april	Lørdag 25. april	Søndag 26. april
07:15 Cycling 40 - Hilde	07:15 Tabata 25 - Hilde	07:15 Cycling 40 - Martin	07:15 Pilates 60 - Hilde		11:30 Hiit full body 40 - Lars	
08:00 Britannia Strenght 25 - Hilde	07:45 Britannia Strength 25 - Hilde	08:00 Britannia Strenght 25 - Martin	08:15 Mobility Relax - Hilde		12:15 Britannia Strenght 25 - Lars	
08:30 Mobilty 15 - Hilde	08:15 CORE 15 - Hilde	08:30 Mobilty 15 - Martin			12:45 Mobilty 15 - Lars	
17:00 Hiit full body 40 - Martin	08:30 Mobility 15 - Hilde	17:30 Hiit full body 40 - Lars				
17:45 Mobilty 15 - Martin	18:00 Britannia Strength 25 - Martin	18:15 Britannia Strenght 25 - Lars				
	18:30 CORE 15 - Martin	18:45 Mobilty 15 - Lars				
	18:45 Mobility 15 - Martin					