



BRITANNIA

ST° 1870

## Gruppetrening Britannia Fitness

Uke 18

| Mandag 27. april                                     | Tirsdag 28. april                                     | Onsdag 29. april                                    | Torsdag 30. april                                     | Fredag 01. mai | Lørdag 02. mai  | Søndag 03. mai |
|--|---|---|---|----------------|---|----------------|
| <b>07:15</b><br>Cycling 40 - <b>Hilde</b>            | <b>07:15</b><br>Tabata 25 - <b>Hilde</b>              | <b>17:30</b><br>Hiit full body 40 - <b>Lars</b>     | <b>07:15</b><br>Pilates 60 - <b>Hilde</b>             |                | <b>12:00</b><br>Britannia Strenght 25 - <b>Martin</b> |                |
| <b>08:00</b><br>Britannia Strenght 25 - <b>Hilde</b> | <b>07:45</b><br>Britannia Strength 25 - <b>Hilde</b>  | <b>18:15</b><br>Britannia Strenght 25 - <b>Lars</b> | <b>08:15</b><br>Mobility Relax - <b>Hilde</b>         |                | <b>12:30</b><br>Mobilty 15 – <b>Martin</b>            |                |
| <b>08:30</b><br>Mobilty 15 - <b>Hilde</b>            | <b>08:15</b><br>CORE 15 - <b>Hilde</b>                | <b>18:45</b><br>Mobilty 15 - <b>Lars</b>            | <b>17:00</b><br>Tabata 25 - <b>Martin</b>             |                |   |                |
|  | <b>08:30</b><br>Mobility 15 - <b>Hilde</b>            |   | <b>17:30</b><br>Britannia Strength 25 - <b>Martin</b> |                |   |                |
|  | <b>18:00</b><br>Britannia Strength 25 - <b>Martin</b> |   | <b>18:00</b><br>Hiit full body 40 - <b>Martin</b>     |                |   |                |
|  | <b>18:30</b><br>CORE 15 - <b>Martin</b>               |   | <b>18:45</b><br>Mobilty 15 - <b>Martin</b>            |                |   |                |
|  | <b>18:45</b><br>Mobility 15 - <b>Martin</b>           |   |   |                |   |                |