



BRITANNIA

ST° 1870

## Gruppetrening Britannia Fitness

### Uke 21

Mandag 18. mai	Tirsdag 19. mai	Onsdag 20. mai	Torsdag 21. mai	Fredag 22. mai	Lørdag 23. mai	Søndag 24. mai
<b>07:15</b> Cycling 40 - <b>Hilde</b>	<b>07:15</b> Tabata 25 - <b>Hilde</b>	<b>17:30</b> Hiit full body 40 - <b>Lars</b>	<b>07:15</b> Pilates 60 - <b>Hilde</b>		<b>11:30</b> HIIT Full Body 40 - <b>Lars</b>	
<b>08:00</b> Britannia Strenght 25 - <b>Hilde</b>	<b>07:45</b> Britannia Strength 25 - <b>Hilde</b>	<b>18:15</b> Britannia Strenght 25 - <b>Lars</b>	<b>08:15</b> Mobility Relax 25 - <b>Hilde</b>		<b>12:15</b> Britannia Strenght 25 - <b>Lars</b>	
<b>08:30</b> Mobilty 15 - <b>Hilde</b>	<b>08:15</b> CORE 15 - <b>Hilde</b>	<b>18:45</b> Mobilty 15 - <b>Lars</b>	<b>17:00</b> Tabata 25 - <b>Martin</b>		<b>12:45</b> Mobilty 15 – <b>Lars</b>	
	<b>08:30</b> Mobility 15 - <b>Hilde</b>		<b>17:00</b> Britannia Strength 25 - <b>Martin</b>			
	<b>18:00</b> Britannia Strength 25 - <b>Martin</b>					
	<b>18:30</b> CORE 15 - <b>Martin</b>					
	<b>18:45</b> Mobility 15 - <b>Martin</b>					