



BRITANNIA

ST° 1870

Gruppetrening Britannia Fitness

Uke 23

Mandag 01. juni	Tirsdag 02. juni	Onsdag 03. juni	Torsdag 04. juni	Fredag 05. juni	Lørdag 06. juni	Søndag 07. juni
07:15 Cycling 40 – Hilde	07:15 Tabata 25 - Hilde	17:30 Hiit full body 45 - Lars	07:15 Pilates 60 - Hilde	07:15 Cycling 40 - Hilde	11:30 HIIT Full Body 40 – Lars	17:00 Yoga 55 - Hilde
08:00 Britannia Strenght 25 – Hilde	07:45 Britannia Strength 25 - Hilde	18:15 Britannia Strenght 25 - Lars	08:15 Mobility Relax 25 - Hilde	08:00 Britannia Strength 25 - Hilde	12:15 Britannia Strenght 25 - Lars	
17:00 Hiit Cardio 40 – Lars	08:15 CORE 15 - Hilde	18:45 Mobilty 15 - Lars		08:30 Mobility 15 - Hilde	12:45 Mobilty 15 – Lars	
17:45 Mobility 15 - Lars	08:30 Mobility 15 - Hilde					
	17:00 Britannia Strength 25 - Lars					
	17:30 CORE 15 - Lars					
	17:45 Mobility 15 - Lars					