



BRITANNIA

ST° 1870

## Gruppetrening Britannia Fitness

### Uke 24

Mandag 08. juni	Tirsdag 09. juni	Onsdag 10. juni	Torsdag 11. juni	Fredag 12. juni	Lørdag 13. juni	Søndag 14. juni
<b>07:15</b> Cycling 40 – <b>Hilde</b>	<b>07:15</b> Tabata 25 - <b>Hilde</b>		<b>07:15</b> Pilates 60 - <b>Hilde</b>	<b>07:15</b> Cycling 40 - <b>Hilde</b>	<b>11:30</b> Britannia Strenght– <b>Hilde</b>	
<b>08:00</b> Britannia Strenght 25 – <b>Hilde</b>	<b>07:45</b> Britannia Strength 25 - <b>Hilde</b>		<b>08:15</b> Mobility Relax 25 - <b>Hilde</b>	<b>08:00</b> Britannia Strength 25 - <b>Hilde</b>	<b>12:15</b> Yoga 55 - <b>Hilde</b>	
<b>08:30</b> Mobility 15 - <b>Hilde</b>	<b>08:15</b> CORE 15 - <b>Hilde</b>		<b>17:30</b> Hiit Full Body - <b>Lars</b>	<b>08:30</b> Mobility 15 - <b>Hilde</b>		
<b>17:00</b> Tabata 25 - <b>Lars</b>	<b>08:30</b> Mobility 15 - <b>Hilde</b>		<b>18:15</b> Britannia Strenght 25 - <b>Lars</b>			
<b>17:45</b> Mobility 15 - <b>Lars</b>	<b>17:00</b> Britannia Strength 25 - <b>David</b>		<b>18:45</b> Mobility 15 - <b>Lars</b>			
	<b>17:30</b> CORE 15 - <b>David</b>					
	<b>17:45</b> Mobility 15 - <b>David</b>					