



BRITANNIA

ST° 1870

## Gruppetrening Britannia Fitness

### Uke 26

Mandag 22. juni	Tirsdag 23. juni	Onsdag 24. juni	Torsdag 25. juni	Fredag 26. juni	Lørdag 27. juni	Søndag 28. juni
<b>07:15</b> Cycling 40 – <b>Hilde</b>	<b>07:15</b> Tabata 25 - <b>Hilde</b>	<b>17:00</b> Yoga 55 - <b>Hilde</b>	<b>07:15</b> Pilates 60 - <b>Hilde</b>	<b>07:15</b> Cycling 40 – <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 Strenght 25 – <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 R</b>	<b>08:30</b> Mobility 15 - <b>Hilde</b>		
<b>17:00</b> Tabata 25 - <b>Lars V</b>	<b>08:30</b> Mobility 15 - <b>Hilde</b>		<b>18:15</b> Britannia Strenght 25 - <b>Lars R</b>			
<b>17:45</b> Mobility 15 - <b>Lars V</b>	<b>18:00</b> Britannia Strength 25 - <b>Lars R</b>		<b>18:45</b> Mobility 15 - <b>Lars R</b>			
	<b>18:30</b> CORE 15 – <b>Lars R</b>					
	<b>18:45</b> Mobility 15 – <b>Lars R</b>					