

VITREA Rehasentrum Norderstedt

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
				Rücken – Fit 15 ³⁵ – 16 ²⁰
		Fatburner 16 ³⁵ – 17 ²⁵		
Pilates 17 ⁰⁵ – 17 ⁵⁵	Kettlebell-Workout 17 ³⁰ – 18 ⁰⁰		TRX 17 ⁴⁵ – 18 ³⁰	
Functional Training 18 ⁰⁵ – 18 ⁵⁵	Rücken-Fit 18 ³⁰ – 19 ¹⁵	Pilates 18 ⁰⁵ – 18 ⁵⁵		
			Functional Training 18 ⁵⁰ – 19 ⁴⁰	