

# Fitnesskursplan



MO	DI	MI	DO	FR	SA	SO
9:00-10:00 Bodystyling	9:00-10:00 Bodystyling	8:30-9:30  T2 Jumping  2	9:00-10:00 Bodystyling	17:20-18:20 TRX	11:00-12:30  T2 Cycling  1	10:45-11:45 Good Morning Sunday  1
10:00-11:00  T2 Cycling	17:20-18:20 TRX	18:00-19:00  T3 Fasyo	10:00-11:00  T2 Cycling	18:30-19:30 Jumping	13:30-15:00 Jumping  1	
17:50-18:50  T2 Cycling	17:20-18:20  T2 Jumping	19:10-20:10  T2 Cycle well	18:00-19:00 Pilates			
18:30-19:30 Move&Sretch	18:30-19:30 Power Mix		18:30-19:30  T2 Cycling			
	18:30-19:30  0 Fitcamp		19:10-20:10 Iron Power			
	19:00-20:30  T3 Yoga					

Kursanmeldung unter:  
[www.reha-train.de/online-termin](http://www.reha-train.de/online-termin)

- Kondition & Kraft
- Kraftausdauer
- Muskelaufbau
- Beweglichkeit, Haltung & Tiefenmuskulatur
- Train 1 (EG)
- Train 2 (UG)
- Train 3/ Oase (OG)
- Outdoor von April -September (Wiese Biergarten); ab Oktober Train 2
- 1 von Okt-Apr zu ausgewählten Terminen
- 2 2-wöchentl. in ungeraden KW