

21.10. – 27.10.2024

# Kurse im La Vita

## Montag

08:45 Fatburner Step 45'  
09:45 Bodyshape 30' (hybrid)  
10:30 Pilates 60' (hybrid)  
16:00 BALLance 45' (hybrid)  
17:45 Step 2 & 10' Bauch 60'  
18:30 LaCROSS 60'  
19:00 Bodybalance 50' (hybrid)  
20:00 Spinn 60'

NEU

## Dienstag

09:00 Easy Step & Shape 45'  
10:00 Bodypump 60'  
17:30 Easy Step 45'  
18:30 Yin Yoga & Dehnen 85'  
20:05 Functional BALLance 45' (hybrid)

## Mittwoch

09:00 Funktionsgymnastik 60'  
10:15 Rückenyooga & Dehnen 75'  
12:15 BALLance 30' (hybrid)  
17:00 Bodyshape 45'  
17:55 Fatburner Step & Shape 55'  
18:00 Happy Feet 45' (hybrid)  
18:30 LaCROSS 60'  
19:00 Bodypump 60'  
20:15 Bodybalance 45' (hybrid)

NEU

## Donnerstag

09:20 Rückenfit 60' (hybrid)  
15:30 Bodypump 60'  
17:00 Spinn 60'  
18:15 Powershape 60'  
19:30 Dance 45'

## Freitag

09:00 Step 2 45'  
10:00 Kombi: Bodyshape 30' & Easy Step 30'  
16:45 Fatburner Step & Shape 60'  
18:00 Pilates 60'  
19:15 Rückenyooga 60'

## Samstag

10:15 Bodypump 60'  
11:30 BALLance 45' (hybrid)  
12:30 Pilates 60'

## Sonntag

10:00 Zumbafitness 60'

Bitte meldet euch weiter zu den Kursen an.