

Kursplan Hitnesscenter Heidelberg

| | MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG | SAMSTAG |
|-------|----------------------------|--------------------------------|----------------------------|---------------------------------|----------------|-----------------------------------|
| 8:00 | | HITness Boxing | | | HITness Boxing | |
| 8:30 | | 8:00 - 9:00 | | | 8:00 - 9:00 | |
| 10:30 | | | | | | HITness Boxing 10:30 - 12:00 |
| 11:00 | | | | | | |
| 11:30 | | | | | | |
| 12:00 | | | | | | Offenes Sparring 12:00 - 13:30 |
| 12:30 | | | | | | |
| 13:00 | | | | | | |
| 17:00 | | Kickboxen Kids | Functional HITness | Kickboxen Kids | | |
| 17:30 | | 17:00 - 18:00 | 17:00 - 18:00 | 17:00 - 18:00 | | |
| 18:00 | Muay-Thai 18:00 - 19:30 | | HITness Boxing | | Classic-Boxen | |
| 18:30 | | | 18:00 - 19:00 | | 18:00 - 19:00 | |
| 19:00 | | Classic-Boxen 19:00 - 20:30 | Muay-Thai 19:00 - 20:30 | HITness Boxing 19:00 - 20:30 | Muay-Thai | |
| 19:30 | HITness Boxing | | | | 19:00 - 20:00 | |
| 20:00 | 19:30 - 20:30 | | | | | |