

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						Offenes Sparring 12:00 - 13:30
12:00						
12:30						
13:00						
17:00		Kickboxen Kids		Kickboxen Kids		
17:30		17:00 - 18:00		17:00 - 18:00		
18:00	Kick-Thaiboxen 18:00 - 19:30	Functional HITness	HITness Boxing	Kick-Thaiboxen Wettkämpfer	Classic-Boxen	
18:30		18:00 - 19:00	18:00 - 19:00	18:00 - 19:00	18:00 - 19:00	
19:00		Classic-Boxen 19:00 - 20:30	Kick-Thaiboxen 19:00 - 20:30	HITness Boxing 19:00 - 20:30	Kick-Thaiboxen Anfänger	
19:30	HITness Boxing				19:00 - 20:00	
20:00	19:30 - 20:30					