

Kursplan Hitnesscenter Heidelberg

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