

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 Nomin Deutsch
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	Muay-Thai 18:00 - 19:30 Daniel Köhler		HITness Boxing		Classic-Boxen	
18:30			18:00 - 19:00 Daniel Köhler		18:00 - 19:00 Fred Döna	
19:00		Classic-Boxen 19:00 - 20:30 Fred Döna	Muay-Thai 19:00 - 20:30 Alex Schmitt	HITness Boxing 19:00 - 20:30 Daniel Köhler	Muay-Thai 19:00 - 20:30 Daniel Köhler	
19:30	HITness Boxing 19:30 - 20:30 Daniel Köhler					
20:00						