

Kursplan

27.10.2025 - 02.11.2025

fit³
Bürgermeisterwiese 2
35745 Herborn
0 27 72 92 24 50
info@fithochdrei.de



Montag 27.10.2025	Dienstag 28.10.2025	Mittwoch 29.10.2025	Donnerstag 30.10.2025	Freitag 31.10.2025	Samstag 01.11.2025	Sonntag 02.11.2025
08:00 - 09:00 Guten Morgen Yoga	09:15 - 10:15 Iron Fit	09:00 - 10:00 Pilates	09:00 - 10:00 Yoga Level I - II	09:30 - 10:30 Pilates	09:00 - 10:00 Yoga Einsteiger	09:30 - 10:30 TRX Einsteiger
08:30 - 09:15 Reha Sport	11:00 - 11:45 Reha Sport	09:30 - 10:30 Indoor Cycling*	10:30 - 11:15 Reha Sport	10:15 - 10:45 Funktionelles Zirke...	09:30 - 10:30 TRX Einsteiger	
09:30 - 10:30 Indoor Cycling*	12:00 - 12:45 Reha Sport	11:00 - 11:30 BALLance	11:30 - 12:15 Reha Sport	11:00 - 11:30 BALLance	10:15 - 11:45 Yoga Level I - II	
09:30 - 10:15 Reha Sport	13:00 - 13:45 Reha Sport	17:00 - 17:45 Reha Sport	17:30 - 18:30 Bogenschießen	16:30 - 18:00 Yoga Level I - II		
11:00 - 11:30 Stretching	16:00 - 16:45 Reha Sport	17:15 - 18:15 TRX	17:30 - 18:15 Reha Sport	17:30 - 18:30 Bogenschießen		
15:30 - 16:15 Reha Sport	17:00 - 17:45 Reha Sport	18:00 - 19:30 Yoga Level I - II	18:00 - 18:45 Funktionelles Zirke...	17:45 - 18:15 Bauch Rücken		
17:00 - 18:30 Yoga Level II	17:15 - 18:15 Bogenschießen	18:00 - 18:45 HIIT	18:30 - 19:30 Pilates	18:30 - 19:30 Stepdance		
17:30 - 18:30 TRX	18:00 - 19:00 Iron Fit	18:45 - 19:45 Indoor Cycling*	18:30 - 19:00 Bauch Rücken	18:30 - 19:30 Gute Nacht Yoga		
18:00 - 19:00 Iron Fit	18:00 - 19:00 Pilates	19:00 - 20:00 Fatburner	18:45 - 19:45 Indoor Cycling*			
18:30 - 20:00 Yoga Arborn	18:45 - 19:45 Indoor Cycling*		19:00 - 20:00 Iron Fit			
18:45 - 19:45 Yoga Einsteiger	19:00 - 20:00 Full Body Workout		20:00 - 20:30 BALLance			

* bitte in die L...



Reha Sport



Funktionelles Zi...



Yoga & Entspannu...



Gruppenfitness



Indoor Cycling

Stand: 02.11.2025

Montag 27.10.2025	Dienstag 28.10.2025	Mittwoch 29.10.2025	Donnerstag 30.10.2025	Freitag 31.10.2025	Samstag 01.11.2025	Sonntag 02.11.2025
19:00 - 20:00 Indoor Cycling* 19:00 - 20:00 Flexibar meets IO B...						