

Kursplan: Functional Ebene

15.10.2018 - 21.10.2018

David Gym ZH-West
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Montag 15.10.2018	Dienstag 16.10.2018	Mittwoch 17.10.2018	Donnerstag 18.10.2018	Freitag 19.10.2018	Samstag 20.10.2018	Sonntag 21.10.2018
<p>10:00 - 10:45 FUNCTIONAL CIRCUIT ... Simon / Team</p>	<p>18:30 - 19:30 Crossworkout Mirko(Functional)</p>	<p>12:15 - 13:00 FUNCTIONAL CIRCUIT ... Simon</p>	<p>09:30 - 10:15 FUNCTIONAL CIRCUIT ... Team</p> <p>18:30 - 19:30 Crossworkout Mirko (Functional)</p>		<p>11:00 - 12:00 FUNctional Training... Sisley</p> <p>11:00 - 12:00 Seal Tac Functional... Sisley</p>	

- Ausdauer
- Boxen
- Cycling
- Functional
- Gesundheit
- HITT / Functiona...
- Jiu / MMA
- Kids DG 47
- Kids DG ZH-West
- Kids Functional
- Kids Kampfsport ...
- Kraft
- Muay Thai

Stand: 20.10.2018