

Kursplan: Kampfsport

13.08.2018 - 19.08.2018

David Gym ZH-West
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| Montag 13.08.2018 | Dienstag 14.08.2018 | Mittwoch 15.08.2018 | Donnerstag 16.08.2018 | Freitag 17.08.2018 | Samstag 18.08.2018 | Sonntag 19.08.2018 |
|--|---|--|--|---|---|--------------------|
| <div style="background-color: #800000; color: white; padding: 5px; margin-bottom: 5px;">18:30 - 19:30 Muay Thai Basic Mirko(Dojo)</div> <div style="background-color: #800000; color: white; padding: 5px;">19:30 - 20:45 Muay Thai Advanced Mirko(Dojo)</div> | <div style="background-color: #d3d3d3; padding: 5px; margin-bottom: 5px;">18:30 - 19:30 Crossworkout Mirko(Functional)</div> <div style="background-color: #ffa500; padding: 5px; margin-bottom: 5px;">19:00 - 20:15 Boxen Enrico (Dojo)</div> <div style="background-color: #800080; color: white; padding: 5px;">20:00 - 21:15 MMA (Dojo)</div> | <div style="background-color: #800000; color: white; padding: 5px; margin-bottom: 5px;">19:00 - 20:00 Muay Thai Basic Mirko(Dojo)</div> <div style="background-color: #800000; color: white; padding: 5px;">20:00 - 21:15 Muay Thai Advanced Mirko(Dojo)</div> | <div style="background-color: #d3d3d3; padding: 5px; margin-bottom: 5px;">18:30 - 19:30 Crossworkout Mirko (Functional)</div> <div style="background-color: #ffa500; padding: 5px; margin-bottom: 5px;">19:00 - 20:15 Boxen Enrico (Dojo)</div> <div style="background-color: #800080; color: white; padding: 5px;">20:00 - 21:15 MMA (Dojo)</div> | <div style="background-color: #800000; color: white; padding: 5px; margin-bottom: 5px;">18:30 - 19:30 Muay Thai Basic Mirko (Dojo)</div> <div style="background-color: #800000; color: white; padding: 5px;">19:30 - 20:45 Muay Thai Advanced Mirko(Dojo)</div> | <div style="background-color: #800000; color: white; padding: 5px;">11:00 - 12:15 OPEN MAT Mirko (Dojo)</div> | |

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

Stand: 19.08.2018