

# Kursplan: Kampfsport

16.10.2017 - 22.10.2017

David Gym ZH-West  
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Montag 16.10.2017	Dienstag 17.10.2017	Mittwoch 18.10.2017	Donnerstag 19.10.2017	Freitag 20.10.2017	Samstag 21.10.2017	Sonntag 22.10.2017
<div style="background-color: #800000; color: white; padding: 5px; margin-bottom: 5px;">18:30 - 19:30 Muay Thai Basic</div> <div style="background-color: #800000; color: white; padding: 5px;">19:30 - 20:45 Muay Thai Advanced</div>	<div style="background-color: #FFFF00; padding: 5px; margin-bottom: 5px;">18:30 - 19:30 Crossworkout</div> <div style="background-color: #FF8C00; padding: 5px; margin-bottom: 5px;">19:00 - 20:00 Boxen</div> <div style="background-color: #800080; padding: 5px;">20:00 - 21:00 MMA</div>	<div style="background-color: #FF8C00; padding: 5px; margin-bottom: 5px;">12:15 - 13:05 FITBOX</div> <div style="background-color: #FFFF00; padding: 5px; margin-bottom: 5px;">18:30 - 19:00 GRIT Strength</div> <div style="background-color: #800000; padding: 5px; margin-bottom: 5px;">19:00 - 20:00 Muay Thai Basic</div> <div style="background-color: #800000; padding: 5px;">20:00 - 21:15 Muay Thai Advanced</div>	<div style="background-color: #FFFF00; padding: 5px; margin-bottom: 5px;">18:30 - 19:30 Crossworkout</div> <div style="background-color: #FF8C00; padding: 5px; margin-bottom: 5px;">19:00 - 20:00 Boxen</div> <div style="background-color: #800080; padding: 5px;">20:00 - 21:00 MMA</div>	<div style="background-color: #800000; color: white; padding: 5px; margin-bottom: 5px;">18:30 - 19:30 Muay Thai Basic</div> <div style="background-color: #800000; color: white; padding: 5px;">19:30 - 20:45 Muay Thai Advanced</div>	<div style="background-color: #800000; color: white; padding: 5px;">12:00 - 13:30 OPEN MAT</div>	

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

Stand: 21.10.2017