

Kursplan: Kampfsport

18.12.2017 - 24.12.2017

David Gym ZH-West
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Montag 18.12.2017	Dienstag 19.12.2017	Mittwoch 20.12.2017	Donnerstag 21.12.2017	Freitag 22.12.2017	Samstag 23.12.2017	Sonntag 24.12.2017
<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
- Boxen
- Cycling
- Gesundheit
- HITT / Functiona...
- Jiu / MMA
- Kids DG 47
- Kids DG ZH-West
- Kids Functional
- Kids Kampfsport ...
- Kraft
- Muay Thai

Stand: 18.12.2017