

# Kursplan: Kampfsport

10.12.2018 - 16.12.2018

David Gym ZH-West  
 Zürcherstrasse 113  
 8952 Schlieren-Zürich  
 043 311 12 30  
 info@davidgymzhwest.ch



Montag 10.12.2018	Dienstag 11.12.2018	Mittwoch 12.12.2018	Donnerstag 13.12.2018	Freitag 14.12.2018	Samstag 15.12.2018	Sonntag 16.12.2018
<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: 16.12.2018