

Kursplan: Kampfsport

21.05.2018 - 27.05.2018

David Gym ZH-West
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Montag 21.05.2018	Dienstag 22.05.2018	Mittwoch 23.05.2018	Donnerstag 24.05.2018	Freitag 25.05.2018	Samstag 26.05.2018	Sonntag 27.05.2018
<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: 24.05.2018