

Fitness Boxing in Effretikon



Teacher Info

Name: Timo Leikola

Listing details

Course Information

Course name: Fitness Boxing in Effretikon

Short Description: Learn boxing technique, improve your fitness and have fun! Thursdays at 6 PM. 1st lesson is free.

Description: We train at the dojo of Goshindo Club Effretikon, which is located at Schulhaus Schlimperg.

This is not an aerobics class, so keeping up with the tempo of the music is not a problem :)

We do not do sparring during classes, so the training is safe. You need boxing gloves, but the club has enough of them if you do not own a pair. Everyone regardless of skill or fitness level is welcome!

More info (and more courses) in German at: <https://www.nathalie-meyer-bewegt.com/groupfitness-effretikon>



Posted: May 05, 2018

Course Details

Teacher's name: Timo
Teacher's Last Name: Leikola
Levels: Beginner, Intermediate, Advanced
Who do you teach?: Teenagers, Adults
Where do you teach?: Teacher's place
Experience: The trainer has over 20 years of martial arts under his belt, and is a professional sports instructor who previously worked at the University of Helsinki.

Pricing Details

Price (60 min): 20.00 CHF
Price description: 10-time card CHF 200,-
A subscription for the semester CHF 300,-

Location

Country: Switzerland
Canton: Zurich
City: Effretikon
ZIP code: 8307
Address: Schlimpergstrasse 18

Additional information

Email: leikolat@gmail.com
Phone: +41 (76) 772-2115
Reference Number: RF121060