

# Monthly Plan August - Schanzengraben

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30 - 7.25 <b>Body Boost</b> Temple	6.30 - 7.25 <b>Kettlebell Skills</b> Temple	6.30 - 7.25 <b>Body Boost</b> Temple	6.30 - 7.25 <b>B Tough</b> Temple	6.30 - 7.25 <b>Kettlebells Skills</b> Temple	10.00 - 10.55 <b>Dynamo</b> Temple	9.00 - 9.55 <b>Energia</b> Temple
11.30 - 12.25 <b>Interval Training</b> Temple	7.30 - 8.25 <b>B Tough</b> Temple	7.00 - 7.55 <b>Yoga Balance</b> PT Room	7.30 - 8.25 <b>Five Rounds</b> Temple	7.30 - 8.25 <b>Body Boost</b> Temple	11.00 - 11.55 <b>BuddyWeight</b> Temple	10.00 - 10.55 <b>Kettlebell Skills</b> Temple
12.00 - 13.00 <b>Muskelbränner</b> Outdoor	11.30 - 12.25 <b>Shift</b> Temple	9.30 - 10.25 <b>Interval Training</b> Temple	11.30 - 12.25 <b>CircleX</b> Temple	11.30 - 12.25 <b>Body Boost</b> Temple	12.00 - 12.55 <b>Athletic Performance</b> Temple	11.00 - 11.55 <b>Stronger</b> Temple
12.30 - 13.25 <b>Pozzible Full Body</b> Temple	12.00 - 12.55 <b>Body &amp; Soul</b> PT Room	11.30 - 12.25 <b>Stronger</b> Temple	12.00 - 13.00 <b>BuddyWeight</b> Sihlhölzli	12.30 - 13.25 <b>Athletic Performance</b> Temple	12.00 - 13.00 <b>BuddyWeight</b> Outdoor	17.30 - 18.25 <b>Enduro</b> Temple
17.30 - 18.25 <b>Athletic Performance</b> Temple	12.00 - 13.00 <b>Booty Work</b> Outdoor	12.00 - 13.00 <b>Muskelbränner Swim</b> Outdoor	12.00 - 12.55 <b>PowerBallet</b> PT Room	15.30 - 16.25 <b>Booty</b> Temple	13.00 - 13.55 <b>Five Rounds</b> Temple	18.25 - 19.25 <b>Yoga Flows</b> Temple
18.30 - 19.25 <b>Body Boost</b> Temple	12.30 - 13.25 <b>Dynamo</b> Temple	12.30 - 13.25 <b>Energia</b> Temple	12.30 - 13.25 <b>Enduro</b> Temple	16.30 - 17.25 <b>300</b> Temple		
19.30 - 20.25 <b>Körperbau</b> Temple	17.30 - 18.25 <b>Interval Training</b> Temple	17.30 - 18.25 <b>Five Rounds</b> Temple	17.30 - 18.25 <b>Booty Work</b> Temple	17.30 - 18.25 <b>Interval Training</b> Temple		
	18.30 - 19.30 <b>Body Boost</b> Outdoor	18.00 - 19.00 <b>Balboa Run</b> Outdoor	18.30 - 19.25 <b>CircleX</b> Temple			
	18.30 - 19.25 <b>Pilates Tribe</b> Temple	18.30 - 19.25 <b>Körperbau</b> Temple	19.30 - 20.25 <b>Thaiboxing</b> Temple			
	19.30 - 20.25 <b>Boxing</b> Temple	18.30 - 19.25 <b>Handstand</b> PT Room				
	20.30 - 21.25 <b>Boxing Intro</b> Temple	19.30 - 20.25 <b>BuddyWeight</b> Temple				
		20.30 - 21.25 <b>Yoga Flows</b> Temple				

Strength/Cardio Mix
  Strength
  Skill/Boxing
  Yoga/Pilates/Dance
  Outdoor

# Monthly Plan August - Viadukt

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30 - 7.25 <b>Athletic Performance</b> Viadukt	6.30 - 7.25 <b>CircleX</b> Viadukt	6.30 - 7.25 <b>BuddyWeight</b> Viadukt	6.30 - 7.25 <b>Energia</b> Viadukt	6.30 - 7.25 <b>Sweat</b> Viadukt	10.00 - 10.55 <b>Yoga Motion</b> Viadukt	
11.30 - 12.25 <b>Body Boost</b> Viadukt	11.30 - 12.25 <b>CircleX</b> Viadukt	12.30 - 13.25 <b>Booty Work</b> Viadukt	12.30 - 12.25 <b>Inteval Training</b> Viadukt	7.30 - 8.25 <b>FlowMe Yoga</b> Viadukt	10.00 - 11.00 <b>Booty Work</b> Outdoor	
17.30 - 18.25 <b>Energia</b> Viadukt	18.30 - 19.25 <b>Breakletics</b> Viadukt	17.30 - 18.25 <b>Energia</b> Viadukt	18.30 - 19.25 <b>Stronger</b> Viadukt	11.30 - 12.25 <b>Interval Training</b> Viadukt	11.00 - 11.55 <b>Sweat</b> Viadukt	
18.30 - 19.25 <b>Kettlebell Skills</b> Viadukt	19.30 - 20.25 <b>Sweat</b> Viadukt	18.30 - 19.25 <b>Body Boost</b> Viadukt	19.30 - 20.25 <b>Kettlebells Skills</b> Viadukt	17.30 - 18.25 <b>Dynamo</b> Viadukt	12.00 - 12.55 <b>Dynamo</b> Viadukt	
19.30 - 20.25 <b>FlowMe Yoga</b> Viadukt		19.30 - 20.25 <b>Inteval Training</b> Viadukt		18.30 - 19.25 <b>Kettlebell Skills</b> Viadukt		

Strength/Cardio Mix
  Strength
  Skill/Boxing
  Yoga/Pilates/Dance
  Outdoor