

Monthly Plan September - Schanzengraben

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30 - 7.25 Body Boost Temple	6.30 - 7.25 Kettlebell Skills Temple	6.30 - 7.25 Body Boost Temple	6.30 - 7.25 B Tough Temple	6.30 - 7.25 HeartCore Temple	10.00 - 10.55 Dynamo Temple	9.00 - 9.55 Energia Temple
11.30 - 12.25 Interval Training Temple	7.30 - 8.25 B Tough Temple	7.00 - 7.55 Hatha Yoga PT Room	7.30 - 8.25 Five Rounds Temple	7.30 - 8.25 Body Boost Temple	11.00 - 11.55 BuddyWeight Temple	10.00 - 10.55 Kettlebell Skills Temple
12.00 - 13.00 Muskelbränner Outdoor	11.30 - 12.25 Shift Temple	9.30 - 10.25 Interval Training Temple	11.30 - 12.25 CircleX Temple	11.30 - 12.25 Body Boost Temple	12.00 - 12.55 Athletic Performance Temple	11.00 - 11.55 Stronger Temple
12.30 - 13.25 Pozzible Full Body Temple	12.00 - 12.55 Body & Soul PT Room	11.30 - 12.30 Interval Training Outdoor	11.30 - 12.25 Flex for Strength PT Room	12.30 - 13.25 Athletic Performance Temple	12.00 - 13.00 BuddyWeight Outdoor	17.30 - 18.25 Enduro Temple
17.30 - 18.25 Athletic Performance Temple	12.00 - 13.00 Booty Work Outdoor	11.30 - 12.25 Stronger Temple	12.00 - 13.00 BuddyWeight Sihlhölzli	12.30 - 13.00 Body Boost ABS PT Room	13.00 - 13.55 Five Rounds Temple	18.25 - 19.25 Yoga Flows Temple
18.30 - 19.25 Body Boost Temple	12.30 - 13.25 Dynamo Temple	12.00 - 13.00 Muskelbränner Swim Outdoor	12.30 - 13.25 Enduro Temple	13.00 - 13.30 Body Boost ABS PT Room		
19.30 - 20.25 Körperbau Temple	17.30 - 18.25 Interval Training Temple	12.30 - 13.25 Energia Temple	17.30 - 18.25 HeartCore Temple	15.30 - 16.25 Booty Temple		
	18.30 - 19.30 Body Boost Outdoor	17.30 - 18.25 Five Rounds Temple	18.30 - 19.25 CircleX Temple	16.30 - 17.25 300 Temple		
	18.30 - 19.25 Pilates Tribe Temple	18.00 - 19.00 Balboa Run Outdoor	19.30 - 20.25 Thaiboxing Temple			
	19.30 - 20.25 Boxing Temple	18.30 - 19.25 Körperbau Temple	20.30 - 21.25 Hatha Yoga Temple			
	20.30 - 21.25 Boxing Intro Temple	18.30 - 19.25 Handstand PT Room				
		19.30 - 20.25 BuddyWeight Temple				
		20.30 - 21.25 Yoga Flows Temple				

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

Monthly Plan September - Viadukt

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30 - 7.25 Athletic Performance Viadukt	6.30 - 7.25 CircleX Viadukt	6.30 - 7.25 BuddyWeight Viadukt	6.30 - 7.25 Energia Viadukt	6.30 - 7.25 Sweat Viadukt	10.00 - 10.55 Yoga Motion Viadukt	
11.30 - 12.25 Body Boost Viadukt	11.30 - 12.25 CircleX Viadukt	12.30 - 13.25 Booty Work Viadukt	12.30 - 12.25 Interval Training Viadukt	7.30 - 8.25 FlowMe Yoga Viadukt	10.00 - 11.00 Booty Work Outdoor	
17.30 - 18.25 Energia Viadukt	18.30 - 19.25 Breakletics Viadukt	17.30 - 18.25 Energia Viadukt	18.30 - 19.25 Stronger Viadukt	11.30 - 12.25 Interval Training Viadukt	11.00 - 11.55 Sweat Viadukt	
18.30 - 19.25 Kettlebell Skills Viadukt	19.30 - 20.25 Sweat Viadukt	18.30 - 19.25 Body Boost Viadukt	19.30 - 20.25 Kettlebell Skills Viadukt	17.30 - 18.25 Dynamo Viadukt	12.00 - 12.55 Dynamo Viadukt	
19.30 - 20.25 FlowMe Yoga Viadukt	20.30 - 21.25 Yoga Motion Viadukt	19.30 - 20.25 Interval Training Viadukt		18.30 - 19.25 Kettlebell Skills Viadukt		

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