

Monthly Plan December - 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	11.30 - 12.25 Dynamo 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 athletisch.stabil Outdoor	11.30 - 12.25 Shift Temple	9.30 - 10.25 Interval Training Temple	11.30 - 12.25 Stretching PT Room	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 - 12.25 Stronger Temple	12.00 - 13.00 BuddyWeight Sihlhölzli	12.30 - 13.25 Energia Temple	13.00 - 13.55 Five Rounds Temple	17.30 - 18.25 Kettlebell Skills Temple
12.30 - 13.25 Balboa Intro I PT Room	12.00 - 13.00 Booty Work Outdoor	12.00 - 13.00 athletisch.stabil Outdoor	12.30 - 13.25 Balboa Intro II PT Room	12.30 - 13.00 Body Boost ABS PT Room		18.30 - 19.25 Bliss Yoga Temple
17.30 - 18.25 Athletic Performance Temple	12.30 - 13.25 Dynamo Temple	12.30 - 13.25 Energia Temple	12.30 - 13.25 Enduro Temple	15.30 - 16.25 Booty Temple		
18.30 - 19.25 Body Boost Temple	17.30 - 18.25 Interval Training Temple	17.30 - 18.25 Five Rounds Temple	17.30 - 18.25 HeartCore Temple	16.30 - 17.25 Body Boost Temple		
19.30 - 20.25 Heartcore Temple	18.30 - 19.25 Pilates Tribe Temple	18.00 - 19.00 Balboa Run Outdoor	18.30 - 19.25 Beach Work Temple	17.30 - 18.25 Energia Temple		
20.30 - 21.25 Bliss Yoga Temple	18.30 - 19.25 Boxing Intro PT Room	18.30 - 19.25 Körperbau Temple	19.30 - 20.25 Boxing / Thaiboxing Temple			
	19.30 - 20.25 Boxing / Thaiboxing Temple	18.30 - 19.25 Handstand PT Room	19.30 - 20.25 Hatha Yoga PT Room			
		19.30 - 20.25 BuddyWeight Temple				
		19.30 - 20.25 Pilates Tribe PT Room				

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

Monthly Plan December - Viadukt

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30 - 7.25 BuddyWeight Viadukt	6.30 - 7.25 Dynamo Viadukt	6.30 - 7.25 Beach Work 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 HeartCore Viadukt	12.30 - 13.25 Booty Work Viadukt	11.30 - 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	17.30 - 18.25 Booty 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	18.30 - 19.25 Breakletics 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	19.30 - 20.25 Sweat Viadukt	19.30 - 20.25 Interval Training Viadukt		18.30 - 19.25 Kettlebell Skills Viadukt		
	20.30 - 21.25 Yoga Motion Viadukt					

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