

Monthly Plan March - Schanzengraben

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30 - 7.25 Body Boost Temple	6.30 - 7.25 Switch Temple	6.30 - 7.25 CircleX Temple	6.30 - 7.25 Switch Temple	6.30 - 7.25 HeartCore Temple	9.00 - 9.55 BuddyWeight Temple	9.00 - 9.55 Energia Temple
11.30 - 12.25 Interval Training Temple	11.30 - 12.25 Shift Temple	7.00 - 7.55 Hatha Yoga PT Room	11.30 - 12.25 Dynamo Temple	7.30 - 8.25 Body Boost Temple	10.00 - 10.55 Athletic Performance Temple	10.00 - 10.55 Kettlebell Skills Temple
12.00 - 13.00 athletisch.stabil Outdoor	12.30 - 13.25 Stretching PT Room	7.30 - 8.25 Body Boost Temple	12.00 - 13.00 BuddyWeight Sihlhölzli	11.30 - 12.25 Body Boost Temple	11.00 - 11.55 Dynamo Temple	11.00 - 11.55 Stronger Temple
12.30 - 13.25 Pozzible Full Body Temple	12.30 - 13.25 Dynamo Temple	9.30 - 10.25 Interval Training Temple	12.30 - 13.25 Stretching PT Room	12.30 - 13.25 Energia Temple	12.00 - 12.55 Booty Work Temple	11.00 - 11.55 Stretching PT Room
17.30 - 18.25 Athletic Performance Temple	17.30 - 18.25 Interval Training Temple	11.30 - 12.25 Stronger Temple	12.30 - 13.25 HeartCore Temple	12.30 - 13.00 Body Boost ABS PT Room	13.00 - 13.55 Five Rounds Temple	17.30 - 18.25 Kettlebell Skills Temple
18.30 - 19.25 Body Boost Temple	18.30 - 19.25 Pilates Tribe Temple	12.30 - 13.25 Energia Temple	17.30 - 18.25 HeartCore Temple	15.30 - 16.25 Booty Temple		18.30 - 19.25 Hatha Yoga Temple
19.30 - 20.25 Heartcore Temple	19.30 - 20.25 Fire & Ice Temple	17.30 - 18.25 Five Rounds Temple	18.30 - 19.25 Superset Temple	16.30 - 17.25 Body Boost Temple		
19.30 - 20.25 Hatha Yoga PT Room		18.00 - 19.00 Balboa Run Outdoor	19.30 - 20.25 Boxing / Thaiboxing Temple	17.30 - 18.25 Energia Temple		
		18.30 - 19.25 Körperbau Temple	19.30 - 20.25 Hatha Yoga PT Room			
		18.30 - 19.25 Handstand PT Room	20.30 - 21.25 Boxing Intro PT Room			
		19.30 - 20.25 CircleX Temple				
		19.30 - 20.25 Pilates Tribe PT Room				

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

Monthly Plan March - Viadukt

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00 - 7.55 BuddyWeight Viadukt	7.00 - 7.55 Dynamo Viadukt	7.00 - 7.55 Superset Viadukt	6.30 - 7.25 Energia Viadukt	6.30 - 7.25 Sweat Viadukt	9.30 - 10.25 Yoga Motion Viadukt	15.30 - 16.25 Kettlebell Skills Viadukt
11.30 - 12.25 Body Boost Viadukt	11.30 - 12.25 CircleX Viadukt	12.30 - 13.25 Booty Work Viadukt	11.30 - 12.25 Interval Training Viadukt	7.30 - 8.25 FlowMe Yoga Viadukt	10.30 - 11.25 Sweat Viadukt	16.30 - 17.25 BuddyWeight Viadukt
17.30 - 18.25 Energia Viadukt	17.30 - 18.25 Booty Viadukt	17.30 - 18.25 Energia Viadukt	17.30 - 18.25 CircleX Viadukt	11.30 - 12.25 Interval Training Viadukt	11.30 - 12.25 BuddyWeight Viadukt	
18.30 - 19.25 Kettlebell Skills Viadukt	18.30 - 19.25 Breakletics Viadukt	18.30 - 19.25 Body Boost Viadukt	18.30 - 19.25 Stronger Viadukt	17.30 - 18.25 Dynamo Viadukt	12.30 - 13.25 Dynamo Viadukt	
19.30 - 20.25 FlowMe Yoga Viadukt	19.30 - 20.25 Sweat Viadukt	19.30 - 20.25 Interval Training Viadukt	19.30 - 20.25 Kettlebell Skills 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