

Monthly Plan November - 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 Kettlebell Skills 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 Dynamo Temple | 10.00 - 10.55 Kettlebell Skills Temple |
| 12.00 - 13.00 BuddyWeight 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 Superset 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 Kettlebell Skills Temple | 11.30 - 12.25 Stretching PT Room | 13.00 - 13.55 Five Rounds Temple | 12.00 - 12.55 Stretching Temple |
| 18.30 - 19.25 Body Boost Temple | 18.30 - 19.25 Pilates Fusion Temple | 12.30 - 13.25 Energia Temple | 17.30 - 18.25 Energia Temple | 15.30 - 16.25 Booty Temple | | 17.30 - 18.25 Kettlebell Skills Temple |
| 19.00 - 20.00 Power Ballet PT Room | 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 | | 18.30 - 19.25 Yoga Temple |
| 19.30 - 20.25 Heartcore Temple | | 18.30 - 19.25 Körperbau Temple | 19.30 - 20.25 Boxing by Invictus Temple | 17.30 - 18.25 Five Rounds Temple | | |
| 20.30 - 21.25 Sweat & Fly Yoga Temple | | 19.30 - 20.25 CircleX Temple | 19.30 - 20.25 Hatha Yoga PT Room | | | |
| | | 19.30 - 20.25 Pilates Fusion PT Room | | | | |

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

Monthly Plan November - Viadukt

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|--|--|--|
| 6.30 - 7.25 CircleX Viadukt | 6.30 - 7.25 Dynamo Viadukt | 6.30 - 7.25 Energia Viadukt | 6.30 - 7.25 Superset Viadukt | 6.30 - 7.25 Sweat Viadukt | 9.30 - 10.25 Yoga Motion Viadukt | 16.00 - 16.55 Kettlebell Skills Viadukt |
| 11.30 - 12.25 Body Boost Viadukt | 7.30 - 8.25 Yutori Yoga 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 | |
| 17.30 - 18.25 Energia Viadukt | 11.30 - 12.25 CircleX Viadukt | 17.30 - 18.25 Twenty 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 | 17.30 - 18.25 Booty 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 | 18.30 - 19.25 Breakletics Viadukt | 19.30 - 20.25 Interval Training Viadukt | 19.30 - 20.25 Kettlebell Skills Viadukt | 18.30 - 19.25 Kettlebell Skills Viadukt | | |
| | 19.30 - 20.25 Sweat Viadukt | | | | | |
| | 20.30 - 21.25 Yoga Motion Viadukt | | | | | |

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