

Monthly Plan July - 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 Dynamo Temple	9.00 - 9.55 Fire & Ice Temple
11.30 - 12.25 Interval Training Temple	11.30 - 12.25 Shift Temple	6.30 - 7.25 Ocean View Enge	11.30 - 12.25 Dynamo Temple	6.30 - 7.25 Ocean View Enge	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	7.00 - 7.55 Hatha Yoga PT Room	12.00 - 13.00 BuddyWeight Sihlhölzli	7.30 - 8.25 Body Boost Temple	11.00 - 11.55 Booty Work Temple	11.00 - 11.55 Stronger Temple
12.00 - 13.00 Deep Pilates Temple	12.30 - 13.25 Dynamo Temple	7.30 - 8.25 Body Boost Temple	12.30 - 13.25 Stretching PT Room	11.30 - 12.25 Body Boost Temple	12.00 - 12.55 Sweat Temple	11.00 - 11.55 Stretching PT Room
12.30 - 13.25 Superset Temple	17.30 - 18.25 Interval Training Temple	9.30 - 10.25 Interval Training Temple	12.30 - 13.25 Kettlebell Skills Temple	12.30 - 13.25 Five Rounds Temple	13.00 - 13.55 Five Rounds Temple	12.00 - 12.55 Stretching Temple
17.30 - 18.25 Lifts Temple	18.30 - 19.25 Deep Pilates Temple	11.30 - 12.25 Stronger Temple	17.30 - 18.25 Dynamo Temple	11.30 - 12.25 Stretching PT Room		17.30 - 18.25 Kettlebell Skills Temple
18.30 - 19.25 Body Boost Temple	19.30 - 20.25 Fire & Ice Temple	11.30 - 12.25 Deep Pilates PT Room	18.30 - 19.25 Superset Temple	15.30 - 16.25 Booty Work Temple		18.30 - 19.25 Deep Pilates Temple
19.30 - 20.25 Heartcore Temple		12.30 - 13.25 Stabil Temple	18.30 - 19.25 Yoga Beats PT Room	16.30 - 17.25 Body Boost Temple		
		17.30 - 18.25 Five Rounds Temple	19.30 - 20.25 Boxing by Invictus Temple	17.30 - 18.25 Five Rounds Temple		
		18.30 - 19.25 Körperbau Temple				
		18.30 - 19.25 Deep Pilates PT Room				
		19.30 - 20.25 CircleX Temple				

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

Monthly Plan July - Viadukt

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30 - 7.25 CircleX Viadukt	6.30 - 7.25 Dynamo Viadukt	6.30 - 7.25 Sweat Viadukt	6.30 - 7.25 Superset Viadukt	6.30 - 7.25 Fire & Ice Viadukt	9.30 - 10.25 Yoga Motion Viadukt	10.00 - 10.55 Yoga Beats Viadukt
11.30 - 12.25 Body Boost Viadukt	9.00-10.00 Motherhood Viadukt	12.30 - 13.25 Booty Work Viadukt	7.30-8.25 Yutori Yoga Viadukt	7.30 - 8.25 FlowMe Yoga Viadukt	10.30 - 11.25 Sweat Viadukt	16.00 - 16.55 Five Rounds Viadukt
17.30 - 18.25 Kettlebell Skills Viadukt	11.30 - 12.25 CircleX Viadukt	17.30 - 18.25 Twenty Viadukt	9.00-10.00 Motherhood Viadukt	11.30 - 12.25 Interval Training Viadukt	11.30 - 12.25 Dynamo Viadukt	
18.30 - 19.25 Stabil Viadukt	17.30 - 18.25 Booty Viadukt	18.30 - 19.25 Body Boost Viadukt	11.30 - 12.25 Interval Training Viadukt	17.30 - 18.25 Dynamo Viadukt	12.30 - 13.25 Superset Viadukt	
19.30 - 20.25 FlowMe Yoga Viadukt	18.30 - 19.25 Breakletics Viadukt	19.30 - 20.25 Stretching Viadukt	17.30 - 18.25 CircleX Viadukt	18.30 - 19.25 Kettlebell Skills Viadukt		
	19.30 - 20.25 Sweat Viadukt		18.30 - 19.25 Stronger Viadukt			
			19.30 - 20.25 Kettlebell Skills Viadukt			

Strength/Cardio Mix
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