

# Monthly Plan October - Schanzengraben

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30 - 7.25 <b>Body Boost</b> Temple	6.30 - 7.25 <b>Switch</b> Temple	6.30 - 7.25 <b>CircleX</b> Temple	6.30 - 7.25 <b>Switch</b> Temple	6.30 - 7.25 <b>Kettlebell Skills</b> Temple	9.00 - 9.55 <b>Dynamo</b> Temple	9.00 - 9.55 <b>Fire &amp; Ice</b> Temple
11.30 - 12.25 <b>Interval Training</b> Temple	7.30 - 8.25 <b>Interval Training</b> Temple	7.30 - 8.25 <b>Body Boost</b> Temple	11.30 - 12.25 <b>Dynamo</b> Temple	7.30 - 8.25 <b>Body Boost</b> Temple	10.00 - 10.55 <b>Dynamo</b> Temple	10.00 - 10.55 <b>Kettlebell Skills</b> Temple
12.00 - 13.00 <b>BuddyWeight</b> Outdoor	11.30 - 12.25 <b>Shift</b> Temple	9.30 - 10.25 <b>Interval Training</b> Temple	12.00 - 13.00 <b>BuddyWeight</b> Sihlhölzli	11.30 - 12.25 <b>Body Boost</b> Temple	11.00 - 11.55 <b>Booty Work</b> Temple	11.00 - 11.55 <b>Stronger</b> Temple
12.00 - 13.00 <b>Deep Pilates</b> Temple	12.30 - 13.25 <b>Stretching</b> PT Room	11.30 - 12.25 <b>Stronger</b> Temple	12.30 - 13.25 <b>Stretching</b> PT Room	12.30 - 13.25 <b>Stabil</b> Temple	12.00 - 12.55 <b>Stabil</b> Temple	11.00 - 11.55 <b>Stretching</b> PT Room
12.30 - 13.25 <b>Superset</b> Temple	12.30 - 13.25 <b>Dynamo</b> Temple	11.30 - 12.25 <b>Deep Pilates</b> PT Room	12.30 - 13.25 <b>Kettlebell Skills</b> Temple	11.30 - 12.25 <b>Stretching</b> PT Room	13.00 - 13.55 <b>Interval Training</b> Temple	12.00 - 12.55 <b>Stretching</b> Temple
17.30 - 18.25 <b>Lifts</b> Temple	17.30 - 18.25 <b>Interval Training</b> Temple	12.30 - 13.25 <b>Stabil</b> Temple	17.30 - 18.25 <b>Dynamo</b> Temple	15.30 - 16.25 <b>Booty Work</b> Temple		17.30 - 18.25 <b>Kettlebell Skills</b> Temple
18.30 - 19.25 <b>Body Boost</b> Temple	18.30 - 19.25 <b>Deep Pilates</b> Temple	17.30 - 18.25 <b>Five Rounds</b> Temple	18.30 - 19.25 <b>Superset</b> Temple	16.30 - 17.25 <b>Body Boost</b> Temple		18.30 - 19.25 <b>Deep Pilates</b> Temple
19.30 - 20.25 <b>Heartcore</b> Temple	19.30 - 20.25 <b>Fire &amp; Ice</b> Temple	18.00 - 18.55 <b>Deep Pilates</b> PT Room	18.30 - 19.25 <b>Yoga Beats</b> PT Room	17.30 - 18.25 <b>Five Rounds</b> Temple		
		18.30 - 19.25 <b>Körperbau</b> Temple	19.30 - 20.25 <b>Stabil</b> Temple			
		19.00 - 19.55 <b>Handstand</b> PT Room				
		19.30 - 20.25 <b>CircleX</b> Temple				

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

# Monthly Plan October - Viadukt

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

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