

Monthly Plan December - 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 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 Sweat 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 Deep Pilates 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
18.30 - 19.25 Deep Pilates 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		18.30 - 19.25 Deep Pilates PT Room	19.30 - 20.25 Hatha Yoga PT Room			
		19.30 - 20.25 CircleX Temple				

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 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 BuddyWeight 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 Superset 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 Dynamo 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 BuddyWeight Viadukt	
19.30 - 20.25 FlowMe Yoga Viadukt	18.30 - 19.25 Breakletics 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
 Outdoor