

# SUMMER SCHEDULE

## MONDAY

06:30 **WAKE UP CALL**  
12:00 **ALL IN**  
14:15 **RÜCKBILDUNG** POSTNATAL  
17:00 **BODYWEIGHT**  
17:30 **1x20**  
18:15 **TABATA**  
18:45 **HYROX Class**

18:00 **UNIK BOXING**  
19:00 **UNIK BOXING**  
20:00 **BOXING ADVANCED**

18:00 **STRENGTH YOGA**  
19:15 **SLOW-MO YOGA**

## TUESDAY

06:30 **WAKE UP CALL**  
12:00 **TABATA**  
16:30 **BOOTCAMP** INT / KRAFT  
17:30 **CORE**  
17:45 **BOOTCAMP** INT / KRAFT  
18:45 **ALL IN**

18:00 **UNIK BOXING**  
19:00 **UNIK BOXING**

17:30 **MOBILITY** HIPS  
18:45 **PILATES**  
19:45 **SLOW-MO YOGA**

09:00 **MOBILITY ATHLETIK**  
10:00 **ATHLETIK TRAINING**

## WEDNESDAY

06:30 **WAKE UP CALL**  
17:30 **BODYWEIGHT**  
17:45 **BOOTCAMP**  
18:45 **HEAVY WEIGHT**

18:00 **UNIK BOXING**  
19:00 **UNIK BOXING**

17:30 **MOBILITY** SHOULDERS  
18:45 **YOGA** OUTDOOR

## THURSDAY

06:30 **WAKE UP CALL**  
12:00 **BOOTCAMP** KRAFT  
17:00 **CORE**  
18:15 **HEAVY WEIGHT**

18:00 **UNIK BOXING**  
19:00 **UNIK BOXING**

18:15 **PILATES**  
19:30 **SLOW-MO YOGA**

09:00 **MOBILITY ATHLETIK**  
10:00 **ATHLETIC TRAINING**

## FRIDAY

06:30 **WAKE UP CALL**  
09:30 **BOOTCAMP** INT.  
12:00 **ALL IN**  
17:00 **1x20**  
18:15 **TABATA**

12:00 **UNIK BOXING**  
18:00 **UNIK BOXING**

## SATURDAY

08:00 **BOOTCAMP** KRAFT  
09:00 **BODYWEIGHT**  
09:00 **BOOTCAMP** KRAFT  
10:00 **BODYWEIGHT**  
10:00 **BOOTCAMP** KRAFT

10:00 **UNIK BOXING**  
11:00 **UNIK BOXING**

10:00 **YOGA**  
11:00 **MOBILITY** FULL BODY

11:00 **MOBILITY ATHLETIK**

## SUNDAY

10:30 **YIN YOGA**  
11:00 **ALL IN**  
11:00 **UNIK BOXING**