

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
06 00	Iron Bars - Texas	Kettlebell Challenge - Venice Beach	Bodylicious - Long Island	Iron Bars - LA	Power Circle	Aerobics	Body Booster	06 00
06 30		Cross Workout						Cross Workout
07 00	Bodylicious Express - Long Island	Iron Bars - L.A.	Power Circle	Kettlebell Challenge - Utah	Body Booster	Yoga Vinyasa	Bodylicious - Long Island	07 00
07 30	Ninja Power			Aerobics	Kettlebell Challenge - Venice Beach			
08 00	David Kirsch's Body Blast	Bodylicious Express - Long Island	Iron Bars - Texas	Pure Pilates	Burning HIIT	Kettlebell Challenge - Utah	Iron Bars - LA	08 00
08 30	Burning HIIT	Body Booster			Iron Bars Express - L.A.	Bodylicious Express - Long Island		
09 00	Pure Pilates	Sixpack Attack - Miami	Yoga Spirits	Body Booster	Yoga Vinyasa	Ninja Power	Step Up - Downtown L.A.	09 00
09 30		Bootcamp	Ninja Power	Step Up - Downtown L.A.			InBalance	Move it! Latin - Miami
10 00	Body Booster	Bodylicious - Long Island	Step Up - Miami	Bodylicious Express - Long Island	AthletiCore	Iron Bars - L.A.	Yoga Spirits	10 00
10 30	Step Up - Downtown LA		Kettlebell Challenge - Utah	Ballet Fit	David Kirsch's Body Blast		Bootcamp	
11 00	Bodylicious - Santa Monica	David Kirsch's Plank Workout	David Kirsch's Body Blast	Power Circle	Cross Workout	Sixpack Attack - Malibu	Kettlebell Challenge - Venice Beach	11 00
11 30		Yoga Vinyasa	InBalance		Aerobics	Ballet Fit	Healthy Back	
12 00	InBalance	Lunch Break Energizer	Bodylicious - Santa Monica	Lunch Break Energizer	Iron Bars - Texas	Body Booster	David Kirsch's Beach Body Bootcamp	12 00
12 30	Aerobics			Move it! Hip Hop - L.A.		Step Up - Miami	Power Circle	
13 00	Kettlebell Challenge - Utah	Burning HIIT	AthletiCore	David Kirsch's Beach Body Bootcamp	Bodylicious Express - Long Island	David Kirsch's Plank Workout		13 00
13 30	Iron Bars Express - L.A.	Move it! Hip Hop - L.A.	Stretch & Relax	Iron Bars Express - Texas	Kettlebell Challenge - Utah	Yoga Power	Lunch Break Energizer	13 30
14 00	David Kirsch's Beach Body Bootcamp	Step Up - Miami	Fight Challenge	Bodylicious - Long Island	Step Up - Downtown L.A.	Move it! Jazz Dance	Iron Bars Express - Texas	14 00
14 30	Yoga Spirits	Ballet Fit	Body Booster		Healthy Back	Mobility & Balance	Aerobics	
15 00	AthletiCore	Bodylicious - Santa Monica	Iron Bars Express - Texas	Yoga Power	Bodylicious - Santa Monica	Power Circle	Bodylicious - Santa Monica	15 00
15 30	Body Booster		Pure Pilates	Burning HIIT				
16 00	Bodylicious - Long Island	Iron Bars Express - L.A.	David Kirsch's Plank Workout	Kettlebell Challenge - Venice Beach	Ninja Power	Move it! Line Dance	David Kirsch's Plank Workout	16 00
16 30		Strong Spine		Sixpack Attack - Miami	Sixpack Attack - Malibu	Pure Pilates	Kettlebell Challenge - Venice Beach	
17 00	Iron Bars Express - Texas	Bodylicious Express - Long Island	Cross Workout	Yoga Vinyasa	Iron Bars Express - Texas		Body Booster	17 00
17 30	Yoga Power	David Kirsch's Body Blast	Bodylicious Express - Long Island		Aerobics	David Kirsch's Body Blast	Sixpack Attack - Miami	
18 00	<b>LIVE! Total Body Workout</b>	<b>LIVE! Bauch Beine Po Express</b>	<b>LIVE! Body Fight</b>	<b>LIVE! Bauch Beine Po</b>	Power Circle	AthletiCore	Iron Bars - L.A.	18 00
18 30		<b>LIVE! Body Fight</b>						Burning HIIT
19 00	<b>LIVE! Yoga</b>	<b>LIVE! Body Fight</b>	Burning HIIT	Iron Bars - Texas	Kettlebell Challenge - Venice Beach	Cross Workout	Stretch & Relax	19 00
19 30		<b>LIVE! H.I.I.T.</b>	Body Booster		Cross Workout	Iron Bars - Texas	Bodylicious Express - Long Island	
20 00	Iron Bars - LA	Sixpack Attack - Malibu	Power Circle	Step Up - Miami	Iron Bars - LA	Sixpack Attack - Miami	Yoga Vinyasa	20 00
20 30		Step Up - Downtown LA		Cross Workout				
21 00	Sixpack Attack - Miami	Power Circle	Kettlebell Challenge - Utah	Sixpack Attack - Malibu	Sixpack Attack - Miami	Bodylicious - Long Island	Cross Workout	21 00
21 30	Body Booster		Iron Bars Express - LA	Power Circle	Body Booster		AthletiCore	
22 00	Kettlebell Challenge - Venice Beach	Healthy Back	Sixpack Attack - Miami	Ninja Power	Mobility & Balance	Bootcamp	Power Circle	22 00
22 30	Iron Bars Express - Texas	Cross Workout	Art of Tai Chi		David Kirsch's Plank Workout	Iron Bars Express - LA		
23 00	Burning HIIT	Aerobics	Bootcamp	Stretch & Relax	Yoga Spirits	Fight Challenge	Strong Spine	23 00
23 30	Mobility & Balance	Yoga Power	Strong Spine	InBalance	Burning HIIT	Art of Tai Chi	Go virtual! Performance	23 30

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
06:00	Cycling Pro II - Downtown LA	Cycling Basic I - Brooklyn	Cycling Pro I - Las Vegas	Cycling Basic II - Bronx	Miami Cycling II	Go virtual! Cycling	Cycling Pro II - Downtown LA	06:00
06:30		HIIT Cycling - Bronx	Cycling Basic I - Brooklyn			HIIT Cycling - Bronx		06:30
07:00	Cycling Basic II - Malibu	Cycling Basic II - Bronx	Cycling Pro I - Downtown L.A.	Cycling Pro II - Downtown L.A.	Cycling Pro II - Las Vegas	Cycling Pro I - Las Vegas	Cycling Basic I - Malibu	07:00
07:30			HIIT Cycling - Bronx			Cycling Basic I - Brooklyn	Go virtual! Cycling	07:30
08:00	Cycling Pro I - Las Vegas	Cycling Pro II - Downtown L.A.	Miami Cycling II	Go virtual! Cycling	Cycling Basic I - Malibu	Cycling Pro II - Detroit	Cycling Pro II - Las Vegas	08:00
08:30	Go virtual! Cycling			HIIT Cycling - Bronx	Cycling Pro I - Las Vegas			08:30
09:00	Cycling Pro II - Detroit	Cycling Pro I - Las Vegas	Cycling Pro II - Detroit	Miami Cycling II	Cycling Basic I - Brooklyn	Cycling Pro I - Downtown L.A.	Miami Cycling II	09:00
09:30		Go virtual! Cycling			Cycling Pro I - Downtown L.A.	Cycling Basic I - Malibu		09:30
10:00	Cycling Basic I - Brooklyn	Cycling Basic II - Malibu	Cycling Pro II - Las Vegas	Cycling Pro I - Downtown L.A.	HIIT Cycling - Bronx	Cycling Basic II - Malibu	Cycling Pro I - Downtown L.A.	10:00
10:30	Valley of Fire Cycling Challenge			Joshua Tree Park Trail	Go virtual! Cycling		Miami Cycling I	10:30
11:00	Cycling Pro I - Downtown L.A.	Cycling Pro II - Las Vegas	Cycling Basic I - Malibu	Cycling Pro II - Detroit	Cycling Basic II - Malibu	Cycling Pro II - Las Vegas	HIIT Cycling - Bronx	11:00
11:30	Miami Cycling I		Venice Beach Ocean Ride				Go virtual! Cycling	11:30
12:00	Cycling Pro II - Downtown L.A.	Miami Cycling II	HIIT Cycling - Bronx	Cycling Basic I - Brooklyn	Cycling Pro II - Detroit	Go virtual! Cycling	Big Sur Pacific Trip	12:00
12:30			Go virtual! Cycling	Valley of Fire Cycling Challenge		Cycling Pro I - Downtown L.A.	Cycling Basic I - Brooklyn	12:30
13:00	Cycling Basic II - Malibu	Cycling Pro I - Downtown L.A.	Cycling Pro II - Downtown L.A.	Cycling Pro II - Las Vegas	Miami Cycling I	Miami Cycling II	Cycling Basic II - Bronx	13:00
13:30		Cycling Basic I - Brooklyn			HIIT Cycling - Bronx			13:30
14:00	HIIT Cycling - Bronx	Cycling Pro II - Detroit	Cycling Basic II - Malibu	Go virtual! Cycling	Cycling Basic I - Malibu	Cycling Pro II - Downtown L.A.	Cycling Pro II - Las Vegas	14:00
14:30	Cycling Pro I - Las Vegas			Cycling Pro I - Las Vegas	Cycling Pro I - Downtown L.A.			14:30
15:00	Miami Cycling II	Joshua Tree Park Trail	Miami Cycling I	Cycling Basic II - Malibu	Cycling Basic II - Bronx	Cycling Pro I - Las Vegas	Valley of Fire Cycling Challenge	15:00
15:30		Cycling Pro I - Las Vegas	Cycling Pro I - Downtown L.A.			HIIT Cycling - Bronx	Cycling Pro I - Las Vegas	15:30
16:00	Cycling Basic I - Brooklyn	Go virtual! Cycling	Miami Cycling II	Cycling Pro I - Downtown L.A.	Cycling Pro II - Downtown L.A.	Miami Cycling I	Cycling Basic I - Malibu	16:00
16:30	Cycling Pro I - Downtown L.A.	Cycling Basic I - Malibu		Miami Cycling I		Cycling Basic I - Malibu	Cycling Pro I - Downtown L.A.	16:30
17:00	Go virtual! Cycling	Cycling Pro II - Downtown L.A.	HIIT Cycling - Bronx	Cycling Pro II - Downtown L.A.	Miami Cycling I	Cycling Pro II - Detroit	Cycling Pro II - Downtown L.A.	17:00
17:30	Cycling Basic I - Malibu		Cycling Pro I - Las Vegas		Big Sur Pacific Trip			17:30
18:00	Cycling Pro II - Detroit	Miami Cycling I	Cycling Basic II - Bronx	HIIT Cycling - Bronx	Cycling Pro II - Las Vegas	Cycling Basic II - Bronx	Go virtual! Cycling	18:00
18:30		HIIT Cycling - Bronx		Cycling Basic I - Malibu			Cycling Basic I - Brooklyn	18:30
19:00	Cycling Basic II - Bronx	Cycling Pro II - Las Vegas	Cycling Pro I - Downtown L.A.	Cycling Pro II - Detroit	Cycling Basic I - Brooklyn	Cycling Pro II - Downtown LA	Cycling Pro II - Detroit	19:00
19:30			Cycling Basic I - Brooklyn		Cycling Pro I - Las Vegas			19:30
20:00	HIIT Cycling - Bronx	Cycling Pro I - Downtown L.A.	Cycling Pro II - Las Vegas	Cycling Pro I - Downtown L.A.	HIIT Cycling - Bronx	Cycling Pro I - Las Vegas	Miami Cycling I	20:00
20:30	Cycling Basic I - Brooklyn	Cycling Basic I - Brooklyn		Cycling Basic I - Brooklyn	Miami Cycling I	Go virtual! Cycling	Cycling Pro I - Downtown L.A.	20:30
21:00	Cycling Pro II - Las Vegas	Cycling Basic II - Bronx	Go virtual! Cycling	Cycling Pro I - Las Vegas	Cycling Pro II - Detroit	Cycling Pro II - Las Vegas	Cycling Basic II - Malibu	21:00
21:30			Miami Cycling I	Go virtual! Cycling				21:30
22:00	Cycling Basic I - Malibu	Miami Cycling II	Cycling Pro II - Detroit	Cycling Basic II - Bronx	Cycling Pro I - Downtown LA	Cycling Basic I - Brooklyn	Miami Cycling II	22:00
22:30	Go virtual! Cycling				Go virtual! Cycling	Venice Beach Ocean Ride		22:30
23:00	Venice Beach Ocean Ride	Cycling Pro I - Las Vegas	Cycling Pro II - Downtown LA	Cycling Pro II - Las Vegas	Cycling Basic II - Bronx	Cycling Pro I - Downtown LA	Cycling Pro I - Las Vegas	23:00
23:30	Cycling Pro I - Downtown LA	Big Sur Pacific Trip				Cycling Basic I - Malibu	Joshua Tree Park Trail	23:30