

	pondělí	úterý	středa	čtvrtek	pátek	sobota	neděle	
06 00	Iron Bars - Texas	Kettlebell Challenge - Venice Beach	Bodylicious - Long Island	Iron Bars - LA	Power Circle	Aerobics	Booty Booster	06 00
06 30		Burning HIIT						Bootcamp
07 00	Bodylicious Express - Long Island	Iron Bars - L.A.	Power Circle	Kettlebell Challenge - Utah	Booty 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	Booty Booster				Iron Bars Express - L.A.		Bodylicious Express - Long Island
09 00	Pure Pilates	Sixpack Attack - Miami	Yoga Spirits	Booty Booster	Yoga Vinyasa	Ninja Power	Step Up - Downtown L.A.	09 00
09 30		Bootcamp	Ninja Power	Step Up - Downtown L.A.		Stretch & Relax	Move it! Latin - Miami	09 30
10 00	LIVE! Yoga	Bodylicious - Long Island	LIVE! Dancehall	Bodylicious Express - Long Island	LIVE! Yoga	Iron Bars - L.A.	LIVE! Groove Dance Workout	10 00
10 30				Ballet Fit				
11 00	Bodylicious - Santa Monica	David Kirsch's Plank Workout	David Kirsch's Body Blast	Power Circle	Bootcamp	Sixpack Attack - Malibu	LIVE! Complete Body Workout	11 00
11 30		Yoga Vinyasa	Mobility & Balance		Aerobics	Ballet Fit		11 30
12 00	Stretch & Relax	Lunch Break Energizer	Bodylicious - Santa Monica	Lunch Break Energizer	Iron Bars - Texas	Booty Booster	David Kirsch's Beach Body Bootcamp	12 00
12 30	Aerobics			Move it! Hip Hop - L.A.		Step Up - Miami	Power Circle	12 30
13 00	Kettlebell Challenge - Utah	Burning HIIT	AthletiCore	David Kirsch's Beach Body Bootcamp	Bodylicious Express - Long Island	David Kirsch's Plank Workout	Lunch Break Energizer	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		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	Booty Booster		Healthy Back	Mobility & Balance	Aerobics	14 30
15 00	AthletiCore	Bodylicious - Santa Monica	Iron Bars Express - Texas	Yoga Power	Bodylicious - Santa Monica	Power Circle	Bodylicious - Santa Monica	15 00
15 30	Booty 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	Sixpack Attack - Malibu	Pure Pilates	Kettlebell Challenge - Venice Beach
17 00	LIVE! Yoga	LIVE! Abs, Butt and Thighs	LIVE! Legs & Booty Attack	LIVE! Complete Body Workout	LIVE! Sixpack	David Kirsch's Body Blast	Booty Booster	17 00
17 30			LIVE! h.i.i.t.				LIVE! Legs & Booty Attack	Sixpack Attack - Miami
18 00	LIVE! Street Dance Cardio	LIVE! Yoga	LIVE! Circuit Training	LIVE! Groove Dance Workout	Power Circle	AthletiCore	Iron Bars - L.A.	18 00
18 30				LIVE! Kickbox-Lift Workout		Burning HIIT		18 30
19 00	LIVE! h.i.i.t.	LIVE! Body Cutting	LIVE! Sixpack	LIVE! Kickbox-Lift Workout	Kettlebell Challenge - Venice Beach	Ninja Power	Stretch & Relax	19 00
19 30	LIVE! Sixpack				Iron Bars - Texas	Bodylicious Express - Long Island	Bootcamp	
20 00	LIVE! Body Workout	LIVE! Circuit Training	LIVE! Body Workout	LIVE! Kettlebell Workout	Iron Bars - LA	Sixpack Attack - Miami	Yoga Vinyasa	20 00
20 30								
21 00	Sixpack Attack - Miami	Power Circle	Kettlebell Challenge - Utah	Sixpack Attack - Malibu	Sixpack Attack - Miami	Bodylicious - Long Island	Bootcamp	21 00
21 30	Booty Booster		Iron Bars Express - LA	Power Circle	Booty Booster		AthletiCore	21 30
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	Kettlebell Challenge - Utah	Art of Tai Chi		David Kirsch's Plank Workout	Iron Bars Express - LA		22 30
23 00	Burning HIIT	Aerobics	Bootcamp	Stretch & Relax	Yoga Spirits	Fight Challenge	Strong Spine	23 00
23 30	Mobility & Balance	Yoga Power	Strong Spine	Mobility & Balance	Burning HIIT	Art of Tai Chi	Go virtual! Performance	23 30

	pondělí	úterý	středa	čtvrtek	pátek	sobota	neděle	
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 LA	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