

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

Open Group Workout: Mo bis Do 19:00 Uhr

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
06	00 30 Yoga Vinyasa NEW	Mobility & Balance Stretch & Relax	Pure Pilates NEW	AthletiCore Healthy Back	Mobility & Balance Stretch & Relax	Strong Spine NEW AthletiCore	Yoga Vinyasa NEW	00 30 06
07	00 30 Strong Spine NEW AthletiCore	AthletiCore Healthy Back	InBalance NEW AthletiCore	Yoga Vinyasa NEW	Pure Pilates NEW	Yoga Vinyasa NEW	Healthy Back AthletiCore	00 30 07
08	00 30 InBalance NEW Yoga Spirits	Yoga Vinyasa NEW	Mobility & Balance Stretch & Relax	InBalance NEW Mobility & Balance	InBalance NEW AthletiCore	Mobility & Balance InBalance NEW	Pure Pilates NEW	00 30 08
09	00 30 Stretch & Relax Mobility & Balance	Pure Pilates NEW	Yoga Vinyasa NEW	Pure Pilates NEW	Art of Tai Chi Healthy Back	Healthy Back Strong Spine NEW	Strong Spine NEW Mobility & Balance	00 30 09
10	00 30 Pure Pilates NEW	Stretch & Relax Yoga Spirits	Healthy Back Art of Tai Chi	AthletiCore Strong Spine NEW	Yoga Vinyasa NEW	Pure Pilates NEW	Stretch & Relax Yoga Spirits	00 30 10
11	00 30 Art of Tai Chi Healthy Back	Strong Spine NEW AthletiCore	Lunch Break Energizer NEW Yoga Spirits	Yoga Spirits Lunch Break Energizer NEW	Lunch Break Energizer NEW Strong Spine NEW	Stretch & Relax Lunch Break Energizer NEW	AthletiCore Pure Pilates NEW	00 30 11
12	00 30 Strong Spine NEW AthletiCore	Lunch Break Energizer NEW Yoga Vinyasa NEW	AthletiCore Strong Spine NEW	Stretch & Relax Yoga Vinyasa NEW	Pure Pilates NEW	Art of Tai Chi Yoga Vinyasa NEW	Lunch Break Energizer NEW	00 30 12
13	00 30 Lunch Break Energizer NEW Yoga Vinyasa NEW	Yoga Vinyasa NEW InBalance NEW	Pure Pilates NEW	InBalance NEW	Mobility & Balance Yoga Vinyasa NEW	Mobility & Balance AthletiCore	Mobility & Balance Art of Tai Chi	00 30 13
14	00 30 Yoga Vinyasa NEW InBalance NEW	Pure Pilates NEW	Stretch & Relax Yoga Spirits	AthletiCore Art of Tai Chi	Yoga Vinyasa NEW AthletiCore	Pure Pilates NEW	InBalance NEW Strong Spine NEW	00 30 14
15	00 30 Pure Pilates NEW	Mobility & Balance Stretch & Relax	InBalance NEW Healthy Back	Healthy Back Mobility & Balance	Stretch & Relax Art of Tai Chi	Strong Spine NEW Stretch & Relax	Healthy Back AthletiCore	00 30 15
16	00 30 Strong Spine NEW Stretch & Relax	AthletiCore Healthy Back	Mobility & Balance AthletiCore	Strong Spine NEW Stretch & Relax	Healthy Back Strong Spine NEW	Yoga Spirits Mobility & Balance	Stretch & Relax Yoga Vinyasa NEW	00 30 16
17	00 30 Art of Tai Chi AthletiCore	Yoga Spirits Mobility & Balance	Art of Tai Chi Stretch & Relax	Pure Pilates NEW	InBalance NEW Yoga Spirits	Healthy Back InBalance NEW	Healthy Back	00 30 17
18	00 30 Mobility & Balance Healthy Back	InBalance NEW Strong Spine NEW	Yoga Vinyasa NEW	Yoga Vinyasa NEW	AthletiCore Pure Pilates NEW	Yoga Vinyasa NEW AthletiCore	InBalance NEW Mobility & Balance	00 30 18
19	00 30 Pure Pilates NEW	Art of Tai Chi Stretch & Relax	InBalance NEW Healthy Back	Yoga Spirits AthletiCore	Pure Pilates NEW Stretch & Relax	AthletiCore Pure Pilates NEW	Pure Pilates NEW	00 30 19
20	00 30 Yoga Spirits AthletiCore	Yoga Vinyasa NEW	Mobility & Balance Pure Pilates NEW	Art of Tai Chi Healthy Back	Mobility & Balance InBalance NEW	Pure Pilates NEW Art of Tai Chi	Stretch & Relax Yoga Spirits	00 30 20
21	00 30 Strong Spine NEW Yoga Vinyasa NEW	Healthy Back Pure Pilates NEW	Yoga Spirits Stretch & Relax	Stretch & Relax Pure Pilates NEW	Yoga Vinyasa NEW AthletiCore	Stretch & Relax InBalance NEW	Strong Spine NEW Healthy Back	00 30 21
22	00 30 Yoga Vinyasa NEW Stretch & Relax	Pure Pilates NEW AthletiCore	Stretch & Relax Strong Spine NEW	Pure Pilates NEW Mobility & Balance	AthletiCore Yoga Spirits	Healthy Back Yoga Spirits	Yoga Vinyasa NEW	00 30 22
23	00 30 Pure Pilates NEW	InBalance NEW Soul meets Body	Yoga Vinyasa NEW	InBalance NEW Strong Spine NEW	Healthy Back Art of Tai Chi	Pure Pilates NEW	Art of Tai Chi Go Virtual! Wellness	00 30 23

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