

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