

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
06	David Kirsch's Body Blast	Tabata EXTREME / Quick Fit (10 min)	Bodylicious - Long Island	Burning HIIT	Bootcamp	Iron Bars Express - L.A.	Sunrise Fit / Get Loose (10 min)	06
30	Booty Booster	Burning HIIT - Cardio		Move it! Hip Hop - LA	Sunrise Fit / Burning Abs (10 min)	Kettlebell Challenge - Venice Beach	Yoga Health	30
07	Iron Bars - Texas	Kettlebell Bootcamp	AthletCore	Beach Fit	Yoga Vinyasa	Sunrise Fit / Full Body Stretch (10 min)		07
30		Beach Fit	Total Body Bar Workout	Kettlebell Bootcamp		Booty Booster	Aerobics	30
08	Kettlebell Bootcamp	Bodylicious - Santa Monica	Yoga Vinyasa	Total Body Bar Workout	Iron Bars Express- Texas	Fight Challenge	Total Body Bar Workout	08
30	Quick Fit / Burning Abs (10 Min)			Sixpack Attack - Miami	David Kirsch's Plank Workout	David Kirsch's Plank Workout	Beach Fit	30
09	Step Up - Miami	Booty Booster	Iron Bars - Texas	Bodylicious Express - Long Island	Booty Blast / Tabata EXTREME (10min)	Yoga Health	Quick Fit / Full Body Stretch (10 Min)	09
30	Beach Fit	Total Body Bar Workout		Booty Blast / Tabata EXTREME (10 Min)	Burning HIIT		Kettlebell Challenge - Utah	30
10	LIVE! Bauch Beine Po	Iron Bars - L.A.	Burning HIIT	Strong Spine	Total Body Bar Workout	Kettlebell Bootcamp	Bootcamp	10
30			Beach Fit	Burning HIIT - Cardio	Sixpack Attack - Malibu	Total Body Bar Workout	Yoga Beats	30
11	LIVE! Zumba Fitness®	Burning HIIT	Booty Booster	Quick Fit / Full Body Stretch (10 min)	Burning HIIT - Cardio	Iron Bars - Texas	LIVE! Yoga	11
30		Sixpack Attack - Miami	Cross Workout	Yoga Beats	Kettlebell Challenge - Utah			30
12	Strong Spine	Power Circle	Quick Fit / Get Loose (10 Min)	Burning HIIT	Quick Fit / Burning Abs (10 min)	Burning HIIT - Cardio	Step up! Downtown L.A.	12
30	Fight Challenge		Burning HIIT - Cardio	David Kirsch's Beach Body Boocamp	Bodylicious Express - Long Island	Aerobics	David Kirsch's Beach Body Boocamp	30
13	Beach Fit	Lunch Break Energizer	Power Circle	Kettlebell Bootcamp	Cross Workout	Beach Fit	Iron Bars - Texas	13
30	Yoga Beats	Booty Booster		Healthy Back	Aerobics	AthletCore		30
14	Bodylicious - Long Island	Burning HIIT - Cardio	Kettlebell Bootcamp	Aerobics	Beach Fit	Pure Pilates	Kettlebell Bootcamp	14
30		Quick Fit / Burning Abs (10 min)	Aerobics	Burning Abs / Booty Blast (10 min)	Sixpack Attack - Malibu		Bodylicious - Santa Monica	30
15	Tabata Extreme / Get Loose (10 Min)	Bootcamp	Beach Fit	Booty Booster	Yoga Beats	Quick Fit / Tabata EXTREME (10 min)		15
30	Kettlebell Challenge - Utah	David Kirsch's Body Blast	Yoga Beats	Iron Bars Express - Texas	Total Body Bar Workout	Yoga Beats	Booty Booster	30
16	Sixpack Attack - Malibu	Bodylicious Express - Long Island	Sixpack Attack - Malibu	Kettlebell Challenge - Venice Beach	Booty Booster	Burning HIIT	Yoga Beats	16
30	Aerobics	Kettlebell Challenge - Venice Beach	Tabata Extreme / Booty Blast (10 Min)	Move it! Latin - Las Vegas	Kettlebell Bootcamp	Bodylicious Express - Long Island	Quick Fit / Burning Abs (10 min)	30
17	LIVE! Bauch Beine Po	LIVE! Rücken Fit	Burning HIIT - Cardio	LIVE! Zumba Fitness®	Burning HIIT - Cardio	Booty Blast / Full Body Stretch (10Min)	Burning HIIT	17
30		LIVE! HIIT	Total Body Bar Workout		Ninja Power	Kettlebell Challenge - Utah	Pure Pilates	30
18	LIVE! Total Body Workout	LIVE! Sixpack	Iron Bars Express - LA	Pure Pilates	Beach Fit	Move it! Latin - Miami		18
30		LIVE! Bauch Beine Po Express	Iron Bars Express - Texas		Bodylicious Express - Long Island	Move it! Latin - Las Vegas	Iron Bars Express - L.A.	30
19	LIVE! Hot Iron® 1	LIVE! STRONG by Zumba®	Beach Fit	Booty Booster	Iron Bars Express - LA	Power Circle	David Kirsch's Plank Workout	19
30			Booty Booster	David Kirsch's Plank Workout	Kettlebell Bootcamp		Bodylicious Express - Long Island	30
20	LIVE! Sixpack	LIVE! Yoga	Bodylicious - Long Island	Yoga Beats	Pure Pilates	Sixpack Attack - Miami	Sixpack Attack - Malibu	20
30	LIVE! HIIT			Bodylicious - Long Island		Iron Bars - L.A.	Kettlebell Challenge - Venice Beach	30
21	Burning HIIT - Cardio	Tabata Extreme / Booty Blast (10 min)	Sixpack Attack - Malibu		Burning HIIT		Step up! Miami	21
30	Beach Fit	Yoga Beats	Kettlebell Bootcamp	Sixpack Attack - Malibu	Step up - Miami	Yoga Beats	Burning HIIT - Cardio	30
22	Get Loose / Full Body Stretch (10 Min)	Kettlebell Bootcamp	David Kirsch's Plank Workout	Burning HIIT - Cardio	Sixpack Attack - Miami	Booty Booster	Power Circle	22
30	Kettlebell Bootcamp	Booty Booster	Kettlebell Challenge - Utah	Iron Bars Express - Texas	Healthy Back	Quick Fit / Burning Abs (10 min)		30
23	AthletCore	Bootcamp	Get Loose / Full Body Stretch (10min)	Burning HIIT	Tabata EXTREME / Get Loose (10 min)	Burning HIIT - Cardio	Total Body Bar Workout	23
30	David Kirsch's Plank Workout	Burning Abs / Quick Fit (10 min)	Fight Challenge	Booty Blast / Burning Abs (10 min)	Bootcamp	David Kirsch's Beach Body Bootcamp	Beach Fit	30

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
06 00	Strong Spine	Yoga Beats	InBalance	Ballet Fit	Strong Spine		Art of Tai Chi	06 00
06 30	Sunrise Fit / Full Body Stretch (10 Min)	Soul meets Body	AthletiCore	Art Of Tai Chi	Yoga Beats	Yoga Vinyasa	Stretch & Relax	06 30
07 00	AthletiCore	Healthy Back	Yoga Vinyasa	Pure Pilates	Yoga Health	Mobility & Balance	Strong Spine	07 00
07 30	Healthy Back	Yoga Spirits				Just Relax	Yoga Power	07 30
08 00	Stretch & Relax	Pure Pilates	Sunrise Fit / Get Loose (10 Min)	AthletiCore	Stretch & Relax	Art of Tai Chi	Sunrise Fit / Full Body Stretch (10 Min)	08 00
08 30	Yoga Beats		Strong Spine	Just Relax	Sunrise Fit / Full Body Stretch (10 Min)	Ballet Fit	Yoga Spirits	08 30
09 00	Art of Tai Chi	Sunrise Fit / Get Loose (10Min)	Art of Tai Chi	Yoga Vinyasa	Art of Tai Chi	Yoga Beats	Pure Pilates	09 00
09 30	InBalance	Mobility & Balance	Just Relax		AthletiCore	Just Relax		
10 00	Yoga Health	Yoga Power	Yoga Beats	Full Body Stretch / Get Loose (10 Min)	Yoga Power	Sunrise Fit / Full Body Stretch (10 Min)	Soul meets Body	10 00
10 30		Strong Spine	Healthy Back	InBalance	Soul meets Body	Strong Spine	Healthy Back	10 30
11 00	Get Loose / Full Body Stretch (10 Min)	AthletiCore	Pure Pilates	Yoga Power	Yoga Vinyasa	Yoga Health	Yoga Beats	11 00
11 30	Soul meets Body	Stretch & Relax		Strong Spine			AthletiCore	
12 00	Strong Spine	Yoga Vinyasa	Go virtual! Wellness	Lunch Break Energizer	Healthy Back	Healthy Back	Art of Tai Chi	12 00
12 30	Yoga Spirits		Lunch Break Energizer	Healthy Back	Yoga Spirits	Yoga Power	Lunch Break Energizer	12 30
13 00	Lunch Break Energizer	Art of Tai Chi	Yoga Health	Just Relax	Pure Pilates	InBalance	Yoga Health	13 00
13 30	AthletiCore	Lunch Break Energizer		Yoga Beats		Lunch Break Energizer		
14 00	Yoga Vinyasa	Healthy Back	AthletiCore	Stretch & Relax	Lunch Break Energizer	AthletiCore	Mobility & Balance	14 00
14 30		Yoga Beats	Soul meets Body	Yoga Spirits	Art of Tai Chi	Soul meets Body	Strong Spine	14 30
15 00	InBalance	Get Loose / Full Body Stretch (10 Min)	Art of Tai Chi	Soul meets Body	Go virtual! Wellness	Yoga Vinyasa	Just Relax	15 00
15 30	Yoga Power	Strong Spine	Yoga Beats	Go virtual! Wellness	Yoga Beats		Yoga Beats	
16 00	Mobility & Balance	InBalance	Yoga Vinyasa	Get Loose / Full Body Stretch (10 Min)	Just Relax	Just Relax	AthletiCore	16 00
16 30	Stretch & Relax	Yoga Spirits		Strong Spine	Get Loose / Full Body Stretch (10 Min)	Healthy Back	InBalance	
17 00	Pure Pilates	Mobility & Balance	Stretch & Relax	Yoga Health	AthletiCore	Strong Spine	Healthy Back	17 00
17 30		Art of Tai Chi	Mobility & Balance		Stretch & Relax	Yoga Beats	Yoga Power	
18 00	Just Relax	Healthy Back	Yoga Power	Mobility & Balance	Strong Spine	Pure Pilates	Get Loose / Full Body Stretch (10 Min)	18 00
18 30	Get Loose / Full Body Stretch (10 Min)	Yoga Power	Healthy Back	Yoga Power	InBalance		Mobility & Balance	
19 00	Yoga Beats	Pure Pilates	Get Loose/ Full Body Stretch (10 Min)	AthletiCore	Yoga Health	Stretch & Relax	Yoga Vinyasa	19 00
19 30	AthletiCore		AthletiCore	Healthy Back		Yoga Power		
20 00	Strong Spine	Yoga Health	Strong Spine	Yoga Beats	Healthy Back	AthletiCore	Stretch & Relax	20 00
20 30	Art of Tai Chi		Yoga Spirits	Art of Tai Chi	Mobility & Balance	Ballet Fit	Pure Pilates	
21 00	Healthy Back	AthletiCore	Yoga Health	Pure Pilates	Art of Tai Chi	InBalance		21 00
21 30	Yoga Spirits	Just Relax			Yoga Vinyasa	Yoga Spirits	Soul meets Body	
22 00	Go virtual! Wellness	Soul meets Body	InBalance	Stretch & Relax	Yoga Beats	Mobility & Balance	AthletiCore	22 00
22 30	Soul meets Body	Strong Spine	Healthy Back	Strong Spine		Get Loose / Full Body Stretch (10 Min)	Just Relax	
23 00	Yoga Health	Get Loose / Full Body Stretch (10 Min)	Art of Tai Chi	Yoga Beats	Soul meets Body	Art of Tai Chi	Yoga Beats	23 00
23 30		Stretch & Relax	Just Relax	Soul meets Body	Get Loose / Full Body Stretch (10 Min)	Healthy Back	InBalance	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