CYBEROBICS® & LIVE-KURSE — KURSPLAN — JOHN REED Club: **Potsdam**

	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	Booty Booster	06 00
06 30		Cross Workout				Cross Workout	Burning HIIT	06 30
07 00	David Kirsch´s Body Blast	Iron Bars - L.A.	Iron Bars Express - LA	Kettlebell Challenge - Utah	Booty Booster	Yoga Vinyasa	Bodylicious - Long Island	07 00
07 30	Burning HIIT		Kettlebell Challenge - Utah	Aerobics	Kettlebell Challenge - Venice Beach			07 30
08 00	Bodylicious Express - Long Island	David Kirsch´s Plank Workout	Iron Bars - Texas	Pure Pilates	Burning HIIT	Kettlebell Challenge - Utah	Iron Bars - LA	08 00
08 30	Cycling Basic II - Malibu	Booty Booster			Iron Bars Express - L.A.	Bodylicious Express - Long Island		08 30
09 00		Sixpack Attack - Miami	Stretch & Relax	Booty Booster	Yoga Vinyasa	Miami Cycling I	Step Up - Downtown L.A.	09 00
09 30	Ninja Power	Bootcamp	InBalance	Step Up - Downtown L.A.		InBalance	Move it! Latin - Miami	09 30
10 00	**LIVE! Rücken & Bauch**	**LIVE! Yoga**	**LIVE! Pilates**	Bodylicious Express - Long Island	**LIVE! Yoga**	Iron Bars - L.A.	**LIVE! Cycling**	10 00
10 30				Ballet Fit				10 30
11 00	**LIVE! Bauch Beine Po**	Go virtual! Cycling	**LIVE! Total Body Workout**	Power Circle	Cross Workout	Sixpack Attack - Malibu	**LIVE! Fatburner**	11 00
11 30		Yoga Vinyasa			Aerobics	Ballet Fit		11 30
12 00	InBalance		Cycling Pro II - Detroit	Lunch Break Energizer	Cycling Pro II - Las Vegas	Booty Booster	Aerobics	12 00
12 30	Aerobics	Lunch Break Energizer		Cycling Pro I - Downtown LA		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		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	Booty Booster		Healthy Back	Mobility & Balance	Go virtual! Cycling	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				15 30
16 00	Bodylicious - Long Island	Iron Bars Express - L.A.		Kettlebell Challenge - Venice Beach	Ninja Power	Move it! Line Dance	David Kirsch´s Plank Workout	16 00
16 30		Strong Spine	David Kirsch´s Plank Workout	Sixpack Attack - Miami	Sixpack Attack - Malibu	Pure Pilates	Kettlebell Challenge - Venice Beach	16 30
17 00	**LIVE! Pilates**	**LIVE! Fatburner**	**LIVE! Total Body Workout**	**LIVE! Total Body Workout**	**LIVE! Cycling**		Booty Booster	17 00
17 30						David Kirsch´s Body Blast	Sixpack Attack - Miami	17 30
18 00	**LIVE! H.I.I.T.**	**LIVE! Rücken Fit**	**LIVE! Yoga**	**LIVE! Yoga**	**LIVE! Bauch Beine Po**	Cycling Pro II - Downtown LA	Iron Bars - L.A.	18 00
18 30	**LIVE! Bauch Beine Po Express**	**LIVE! Bauch Beine Po Express**						18 30
19 00	**LIVE! Yoga**	**LIVE! Cycling**	**LIVE! Pump n Shape**	**LIVE! Cycling**	Kettlebell Challenge - Venice Beach	Cross Workout	Stretch & Relax	19 00
19 30					Cross Workout	Iron Bars - Texas	Bodylicious Express - Long Island	19 30
20 00	**LIVE! Cycling**	**LIVE! STRONG by Zumba®**	**LIVE! Sixpack**	Power Circle	Iron Bars - LA		Yoga Vinyasa	20 00
20 30			**LIVE! Bauch Beine Po Express**			Sixpack Attack - Miami		20 30
21 00	Sixpack Attack - Miami	Healthy Back	Bodylicious - Santa Monica	Sixpack Attack - Malibu	Sixpack Attack - Miami	Bodylicious - Long Island	Cross Workout	21 00
21 30	Iron Bars - LA	Cross Workout		Ninja Power	Booty Booster		Cycling Basic I - Malibu	21 30
22 00		Cycling Basic II - Bronx	HIIT Cycling - Bronx	Step Up - Miami	Cycling Basic I - Brooklyn	Bootcamp	Power Circle	22 00
22 30	Kettlebell Challenge - Venice Beach		Art of Tai Chi	Miami Cycling II	David Kirsch´s Plank Workout	Iron Bars Express - LA		22 30
23 00	Cycling Pro I - Las Vegas	Aerobics	Bootcamp		Yoga Spirits	Fight Challenge	Strong Spine	23 00
23 30	Mobility & Balance	Yoga Power	Strong Spine	Cross Workout	Burning HIIT	Art of Tai Chi	Go virtual! Performance	23 30