

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
06:00	David Kirsch's Body Blast	Sunrise Fit / Quick Fit (10 min)	Bodylicious - Long Island	Burning HIIT	Bootcamp	Iron Bars Express - L.A.	Sunrise Fit / Get Loose (10 min)	06:00
06:30	Booty Booster	Burning HIIT - Cardio		Stretch & Relax	Sunrise Fit / Burning Abs (10 min)	Kettlebell Challenge - Venice Beach	Yoga Health	06:30
07:00	Iron Bars - Texas	Kettlebell Bootcamp	AthletiCore	Beach Fit	Yoga Vinyasa	Sunrise Fit / Full Body Stretch (10 min)		07:00
07:30		Beach Fit	Total Body Bar Workout	Kettlebell Bootcamp		Booty Booster	Aerobics	07:30
08:00	Kettlebell Bootcamp	Bodylicious - Santa Monica	Yoga Vinyasa	Ballet Fit	Iron Bars Express - Texas	Fight Challenge	Total Body Bar Workout	08:00
08:30	Quick Fit / Burning Abs (10 Min)			Sixpack Attack - Miami	David Kirsch's Plank Workout	David Kirsch's Plank Workout	Beach Fit	08:30
09:00	Step Up - Miami	Yoga Spirits	Iron Bars - Texas	Bodylicious Express - Long Island	Booty Blast / Tabata EXTREME (10min)	Yoga Health	Quick Fit / Full Body Stretch (10 Min)	09:00
09:30	Beach Fit	Total Body Bar Workout		Booty Blast / Tabata EXTREME (10 Min)	Burning HIIT		Kettlebell Challenge - Utah	09:30
10:00	Yoga Health	Iron Bars - LA	Pure Pilates	Strong Spine	Total Body Bar Workout	Kettlebell Bootcamp	Bootcamp	10:00
10:30				Burning HIIT - Cardio	Sixpack Attack - Malibu	Art of Tai Chi	Yoga Vinyasa	10:30
11:00	Burning HIIT - Cardio	Healthy Back	Booty Booster	Quick Fit / Full Body Stretch (10 min)	Burning HIIT - Cardio	Iron Bars - Texas		11:00
11:30	Total Body Bar Workout	Sixpack Attack - Miami	Cross Workout	Yoga Beats	Yoga Beats		Strong Spine	11:30
12:00	Strong Spine	Power Circle	Quick Fit / Get Loose (10 Min)	Yoga Power	Quick Fit / Burning Abs (10 min)	Burning HIIT - Cardio	Step Up - Downtown LA	12:00
12:30	Fight Challenge		Burning HIIT - Cardio	David Kirsch's Beach Body Boocamp	Bodylicious Express - Long Island	Aerobics	David Kirsch's Beach Body Bootcamp	12:30
13:00	Just Relax	Lunch Break Energizer	Power Circle	Kettlebell Bootcamp	Cross Workout	Beach Fit	Iron Bars - Texas	13:00
13:30	Yoga Beats	Booty Booster		Healthy Back	Aerobics	AthletiCore		13:30
14:00	Bodylicious - Long Island	Burning HIIT - Cardio	Kettlebell Bootcamp	Aerobics	Beach Fit	Pure Pilates	Kettlebell Bootcamp	14:00
14:30		Quick Fit / Burning Abs (10 min)	Aerobics	Burning Abs / Booty Blast (10 min)	InBalance		Bodylicious - Santa Monica	14:30
15:00	Tabata Extreme / Get Loose (10 Min)	Pure Pilates	Beach Fit	Ballet Fit	Yoga Beats	Quick Fit / Tabata EXTREME (10 min)		15:00
15:30	Kettlebell Challenge - Utah		Yoga Beats	Iron Bars Express - Texas	Yoga Spirits	Yoga Beats	Stretch & Relax	15:30
16:00	Sixpack Attack - Malibu	Bodylicious Express - Long Island	Sixpack Attack - Malibu	Kettlebell Challenge - Venice Beach	Booty Booster	Burning HIIT	Yoga Beats	16:00
16:30	Aerobics	Kettlebell Challenge - Venice Beach	Tabata Extreme / Booty Blast (10 Min)	Move it! Latin - Las Vegas	Art of Tai Chi	Bodylicious Express - Long Island	Quick Fit / Burning Abs (10 min)	16:30
17:00	AthletiCore	Ballet Fit	Fight Challenge	Total Body Bar Workout	Ballet Fit	Booty Blast / Full Body Stretch (10Min)	Burning HIIT	17:00
17:30	Beach Fit	David Kirsch's Plank Workout	David Kirsch's Body Blast	Step Up - Downtown LA	Ninja Power	Mobility & Balance	Pure Pilates	17:30
18:00	Booty Booster	Beach Fit	LIVE! Yoga	Pure Pilates	Yoga Health	Move it! Latin - Miami		18:00
18:30	Bootcamp	Ninja Power				Move it! Latin - Las Vegas	Iron Bars Express - L.A.	18:30
19:00	Burning HIIT	LIVE! Hot Iron® 1	LIVE! Body Fight	Booty Booster	Iron Bars Express - LA	Power Circle	David Kirsch's Plank Workout	19:00
19:30	Stretch & Relax			David Kirsch's Plank Workout	Kettlebell Bootcamp		Just Relax	19:30
20:00	Iron Bars - LA	LIVE! Zumba Fitness®	Total Body Bar Workout	Yoga Beats	Pure Pilates	Sixpack Attack - Miami	Sixpack Attack - Malibu	20:00
20:30			Healthy Back	Bodylicious - Long Island		Iron Bars - L.A.	Kettlebell Challenge - Venice Beach	20:30
21:00	Burning HIIT - Cardio	Tabata Extreme / Booty Blast (10 min)	AthletiCore		Burning HIIT		Step up! Miami	21:00
21:30	Beach Fit	Yoga Beats	Just Relax	Sixpack Attack - Malibu	Step up - Miami	Yoga Beats	Burning HIIT - Cardio	21:30
22:00	Get Loose / Full Body Stretch (10 Min)	Kettlebell Bootcamp	David Kirsch's Plank Workout	Just Relax	Sixpack Attack - Miami	Yoga Spirits	Power Circle	22:00
22:30	Kettlebell Bootcamp	Booty Booster	Kettlebell Challenge - Utah	Iron Bars Express - Texas	Healthy Back	Quick Fit / Burning Abs (10 min)		22:30
23:00	AthletiCore	Bootcamp	Get Loose / Full Body Stretch (10min)	Burning HIIT	Tabata EXTREME / Get Loose (10 min)	Burning HIIT - Cardio	Art of Tai Chi	23:00
23:30	Mobility & Balance	Burning Abs / Quick Fit (10 min)	Fight Challenge	Booty Blast / Burning Abs (10 min)	Bootcamp	Stretch & Relax	Beach Fit	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