

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