

	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 Beats	10:30
11:00	Burning HIIT - Cardio	Healthy Back	Booty Booster	Quick Fit / Full Body Stretch (10 min)	Burning HIIT - Cardio	Iron Bars - Texas	LIVE! Pilates	11:00
11:30	Total Body Bar Workout	Sixpack Attack - Miami	Cross Workout	Yoga Beats	Yoga Beats			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	LIVE! Bauch Beine Po	Ballet Fit	Fight Challenge	LIVE! Sixpack	Ballet Fit	Booty Blast / Full Body Stretch (10Min)	Burning HIIT	17:00
17:30		David Kirsch's Plank Workout	David Kirsch's Body Blast	LIVE! HIIT	Ninja Power	Mobility & Balance	Pure Pilates	17:30
18:00	LIVE! Hot Iron® 1	LIVE! Total Body Workout	Iron Bars Express - LA	LIVE! Bauch Beine Po	Yoga Health	Move it! Latin - Miami		18:00
18:30			Iron Bars Express - Texas			Move it! Latin - Las Vegas	Iron Bars Express - L.A.	18:30
19:00	LIVE! Zumba Fitness®	LIVE! Pilates	LIVE! Zumba Fitness®	Booty Booster	Iron Bars Express - LA	Power Circle	David Kirsch's Plank Workout	19:00
19:30				David Kirsch's Plank Workout	Kettlebell Bootcamp		Just Relax	19:30
20:00	LIVE! STRONG by Zumba®	Step Up - Downtown LA	LIVE! Zumba Fitness®	Yoga Beats	Pure Pilates	Sixpack Attack - Miami	Sixpack Attack - Malibu	20:00
20:30		Cross Workout		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