

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
07 00	LIVE! Yoga	Total Body Bar Workout	Tabata Extreme / Sexy Arms (10Min.)	Iron Bars - LA	Fit Mom		
07 30		Bodylicious Express- Long Island	Beach Fit		Sixpack Attack - Miami		
08 00	Burning HIIT - Cardio	Power Circle	Quick Fit / Burning Abs (10 Min.)	Cross Workout	Total Body Bar Workout		
08 30	Aerobics		Booty Booster	David Kirsch's Body Blast	Sexy Arms / Burning Abs (10 Min.)		
09 00	Iron Bars - Texas	Fit Mom	Kettlebell Challenge - Utah	Power Circle	Move it! Jazz Dance	Burning HIIT - Cardio	Sixpack Attack - Malibu
09 30		Booty Blast / Tabata Extreme (10 Min.)	Total Body Bar Workout		Beach Fit	Fit Mom	Quick Fit / Sexy Arms (10 Min.)
10 00	LIVE! Pilates	LIVE! Pump n Shape	LIVE! Yoga	Fit Mom	LIVE! Fatburner	LIVE! Yogilates	LIVE! Yoga
10 30				Sixpack Attack - Malibu			
11 00	LIVE! Bauch Beine Po	Iron Bars - LA	Burning HIIT - Cardio	Booty Booster	Aerobics	LIVE! athleticflow®	LIVE! Pilates
11 30			Move it! Latin - Miami	Quick Fit / Sexy Arms (10 Min.)	Burning HIIT		
12 00	Booty Booster	Kettlebell Bootcamp	Fit Mom	Bodylicious - Santa Monica	Cross Workout	Iron Bars - LA	Fit Mom
12 30	Bodylicious Express - Long Island	Aerobics	Quick Fit / Sexy Armes (10 Min.)		Kettlebell Bootcamp		Beach Fit
13 00	Power Circle	Sixpack Attack - Malibu	Iron Bars - LA	Step Up - Miami	Booty Booster	Sixpack Attack - Miami	Aerobics
13 30		Beach Fit		Iron Bars Express - Texas	Fit Mom	Kettlebell Bootcamp	Bodylicious - Long Island
14 00	Move it! Latin - Las Vegas	David Kirsch's Beach Body Bootcamp	Booty Blast / Tabata Extreme (10 Min.)	Total Body Bar Workout	Iron Bars Express - LA	Booty Booster	
14 30	Iron Bars Express - LA	Ballet Fit	Bootcamp	Kettlebell Bootcamp	Burning HIIT Cardio	Cross Workout	
15 00	Total Body Bar Workout	Kettlebell Challenge - Venice Beach	Cross Workout	Aerobics	Move it! Hip Hop - Miami	Total Body Bar Workout	Iron Bars - Texas
15 30	Kettlebell Bootcamp	Burning HIIT - Cardio	Bodylicious Express - Long Island	Beach Fit	Booty Blast / Quick Fit (10 Min.)	Quick Fit / Booty Blast (10 Min.)	
16 00	Beach Fit	Bodylicious - Long Island	David Kirsch's Plank Workout	Burning HIIT - Cardio	Bodylicious - Long Island	Kettlebell Challenge - Utah	Step Up - Miami
16 30	Burning HIIT		Kettlebell Bootcamp	Fight Challenge			Beach Fit
17 00	LIVE! Bauch Beine Po	LIVE! Fatburner	LIVE! Rücken & Bauch	LIVE! Rücken & Bauch	LIVE! Zumba Fitness®	Bodylicious - Santa Monica	Tabata Extreme / Burning Abs (10 Min.)
17 30							Kettlebell Challenge - Venice Beach
18 00	LIVE! Pump n Shape	Iron Bars - Texas	LIVE! Pilates	LIVE! Pump n Shape	LIVE! Fatburner	Burning HIIT - Cardio	LIVE! Yoga
18 30						David Kirsch's Plank Workout	
19 00	LIVE! athleticflow®	LIVE! athleticflow®	LIVE! Body Fight	LIVE! Mobility	Kettlebell Bootcamp	Power Circle	Beach Fit
19 30					Total Body Bar Workout		Total Body Bar Workout
20 00	LIVE! Yoga	LIVE! Total Body Workout	Bodylicious - Santa Monica	Sixpack Attack - Miami	Step Up - Downtown LA	Sexy Arms / Burning Abs (10 Min.)	
20 30				Booty Blast / Quick Fit (10 Min.)	David Kirsch's Beach Body Bootcamp		
21 00	Beach Fit	Burning HIIT - Cardio	Iron Bars Express - Texas	Bodylicious - Long Island	Beach Fit		
21 30	Sixpack Attack - Malibu	Booty Booster	Kettlebell Bootcamp		Aerobics		
22 00	Cross Workout	Tabata Extreme / Burning Abs (10 Min.)	Total Body Bar Workout	Kettlebell Challenge - Utah	Burning HIIT - Cardio		

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

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
07	00 HIIT Cycling - Bronx	Cycling Basic I - Brooklyn	Cycling Pro I - Mojave Desert	Cycling Pro II - LA	Cycling Pro II - Detroit			00
	30 Venice Beach Ocean Ride	Cycling Pro I - Las Vegas	Go virtual! Cycling					07 30
08	00 Cycling Pro I - Mojave Desert	Cycling Basic II - Bronx	Cycling Pro I - Las Vegas	Cycling Pro II - Detroit	Cycling Basic I - Malibu			00
	30 Cycling Basic I - Malibu		Cycling Basic I - Brooklyn		HIIT Cycling - Bronx			08 30
09	Cycling Pro II - Las Vegas	00 HIIT Cycling - Bronx	Miami Cycling I	Go virtual! Cycling	Cycling Pro I - LA	Valley of Fire Cycling Challenge	Cycling Pro I - LA	00
		30 Cycling Basic I - Malibu	Cycling Pro I - LA	Cycling Pro I - Las Vegas	Cycling Pro I - Mojave Desert	Cycling Basic I - Brooklyn	Miami Cycling I	09 30
10	Cycling Basic II - Bronx	00 Cycling Pro I - Mojave Desert	Cycling Pro II - Detroit	Cycling Basic I - Brooklyn	Cycling Basic II - Bronx	HIIT Cycling - Bronx	Cycling Basic II - Malibu	00
		30 Go virtual! Cycling		Venice Beach Ocean Ride		Cycling Pro I - Mojave Desert		10 30
11	00 Miami Cycling I	Miami Cycling II	HIIT Cycling - Bronx	Cycling Pro I - Mojave Desert	Miami Cycling II	Cycling Pro I - Las Vegas	HIIT Cycling - Bronx	00
	30 Cycling Pro I - Las Vegas		Venice Beach Ocean Ride	Cycling Pro I - LA		Big Sur Pacific Trip	Go virtual! Cycling	11 30
12	Cycling Pro II - Detroit	00 Cycling Basic I - Malibu	Cycling Basic II - Bronx	Cycling Basic II - Malibu	Go virtual! Cycling	Miami Cycling II	Cycling Pro I - Mojave Desert	00
		30 Venice Beach Ocean Ride			Cycling Pro I - Las Vegas		Cycling Basic I - Brooklyn	12 30
13	00 Cycling Basic I - Brooklyn	Cycling Pro II - LA	Cycling Pro II - Las Vegas	Joshua Tree Park Trail	Cycling Basic II - Malibu	Cycling Basic I - Malibu	Cycling Pro II - LA	00
	30 Cycling Pro I - Mojave Desert		HIIT Cycling - Bronx	Cycling Pro I - Las Vegas		Cycling Pro I - Las Vegas		13 30
14	Cycling Pro II - LA	00 Joshua Tree Park Trail	Cycling Basic I - Malibu	Cycling Pro I - Las Vegas	Venice Beach Ocean Ride	Cycling Pro II - Detroit	Cycling Pro I - Las Vegas	00
		30 Cycling Pro I - Las Vegas	Cycling Pro I - Mojave Desert	Cycling Basic I - Brooklyn	Cycling Basic I - Brooklyn		Cycling Basic I - Malibu	14 30
15	00 HIIT Cycling - Bronx	Cycling Pro II - Detroit	Miami Cycling I	Miami Cycling I	Cycling Pro II - LA	Go virtual! Cycling	Miami Cycling II	00
	30 Valley of Fire Cycling Challenge		Cycling Pro I - Las Vegas	Venice Beach Ocean Ride		HIIT cycling - Bronx		15 30
16	Cycling Basic II - Bronx	00 Miami Cycling I	Cycling Basic I - Brooklyn	Cycling Pro II - LA	HIIT Cycling - Bronx	Cycling Pro I - Mojave Desert	Venice Beach Ocean Ride	00
		30 Cycling Basic I - Brooklyn	HIIT Cycling - Bronx		Cycling Pro I - Mojave Desert	Cycling Basic I - Brooklyn	HIIT Cycling - Bronx	16 30
17	00 Cycling Pro I - Las Vegas	Big Sur Pacific Trip	Cycling Pro II - LA	Cycling Basic I - Malibu	Cycling Basic II - Bronx	Cycling Basic II - Bronx	Cycling Pro II - Las Vegas	00
	30 Miami Cycling I	Cycling Pro I - Mojave Desert		Valley of Fire Cycling Challenge				17 30
18	00 HIIT Cycling - Bronx	LIVE! Cycling	Big Sur Pacific Trip	Cycling Pro II - Detroit	Miami Cycling I	Cycling Pro I - LA	Cycling Basic I - Brooklyn	00
	30 Cycling Basic I - Malibu		Cycling Basic I - Malibu		Cycling Pro I - LA	Cycling Basic I - Malibu	Miami Cycling I	18 30
19	00 Cycling Pro I - Mojave Desert	Go virtual! Cycling	Valley of Fire Cycling Challenge	Cycling Pro I - Mojave Desert	Cycling Pro II - Las Vegas	Cycling Pro I - Las Vegas	Cycling Pro II - Detroit	00
	30 Cycling Basic I - Brooklyn	Miami Cycling I	Cycling Pro I - Las Vegas	Cycling Basic I - Brooklyn		Cycling Pro II - LA		19 30
20	Cycling Pro II - LA	Cycling Basic II - Bronx	Miami Cycling II	Cycling Pro I - Las Vegas	Cycling Basic II - Malibu		Big Sur Pacific Trip	00
			30 HIIT Cycling - Bronx	20 30				
21	00 Cycling Basic I - Malibu	HIIT Cycling - Bronx	Cycling Pro I - Mojave Desert	Cycling Basic II - Bronx	HIIT Cycling - Bronx			00
	30 Go virtual! Cycling	Cycling Pro I - LA	Cycling Basic II - Malibu		Cycling Pro I - Mojave Desert			21 30
22	Cycling Pro I - Las Vegas	Cycling Basic I - Malibu	Cycling Basic II - Malibu	Miami Cycling I	Cycling Basic I - Brooklyn			22 00

GROUP WORKOUT PLAN

JOHN REED WOMEN'S CLUB

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
07:30 - 08:00 HIIT	09:00 - 09:30 Functional Training	07:30 - 08:00 BBP Express	09:00 - 09:30 Fatburner	09:00 - 09:30 BBP Express	10:30 - 11:00 Fatburner	10:30 - 11:00 Functional Training
18:00 - 18:30 Slingfit	18:00 - 18:30 Core	18:00 - 18:30 HIIT	18:00 - 18:30 Slingfit	17:30 - 18:00 Core	17:00 - 17:30 Slingfit	17:00 - 17:30 BBP Express
20:00 - 20:30 Fatburner	20:00 - 20:30 HIIT	20:00 - 20:30 Core	20:00 - 20:30 Functional Training			

