

	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato	Domenica
07	00 Bodylicious Express - Long Island 30 Ninja Power	Iron Bars - L.A.	Power Circle NEW	Kettlebell Challenge - Utah Aerobics NEW	Booty Booster Kettlebell Challenge - Venice Beach		00 30
08	00 David Kirsch's Body Blast 30 Burning HIIT	Bodylicious Express - Long Island Booty Booster	Iron Bars - Texas	Pure Pilates NEW	Burning HIIT Iron Bars Express - L.A.		00 30
09	00 Pure Pilates NEW 30	Sixpack Attack - Miami Bootcamp	Yoga Spirits Ninja Power	Booty Booster Step Up - Downtown L.A.	Yoga Vinyasa NEW	Ninja Power NEW InBalance NEW	Step Up - Downtown L.A. Move it! Latin - Miami
10	00 Booty Booster 30 Step Up - Downtown L.A.	LIVE! G.A.G.	Step Up - Miami Kettlebell Challenge - Utah	Bodylicious Express - Long Island Ballet Fit	Bodylicious Express - Long Island Ballet Fit	Iron Bars - L.A.	LIVE! Pump'n Shape
11	00 Bodylicious - Santa Monica 30	David Kirsch's Plank Workout Yoga Vinyasa NEW	David Kirsch's Body Blast InBalance NEW	Power Circle NEW	Cross Workout NEW Aerobics NEW	Sixpack Attack - Malibu Ballet Fit	LIVE! Six Pack Express LIVE! H.I.I.T. Express
12	00 InBalance NEW 30 Aerobics NEW	Yoga Vinyasa NEW Lunch Break Energizer NEW	Bodylicious - Santa Monica	Lunch Break Energizer NEW Move it! Hip Hop - L.A.	Iron Bars - Texas	Booty Booster Step Up - Miami	David Kirsch's Beach Body Bootcamp Power Circle NEW
13	00 Kettlebell Challenge - Utah 30 Iron Bars Express - L.A.	Burning HIIT Move it! Hip Hop - L.A.	AthletiCore Stretch & Relax	LIVE! Total Body Workout	Bodylicious Express - Long Island NEW Kettlebell Challenge - Utah	David Kirsch's Plank Workout Yoga Power	Lunch Break Energizer NEW
14	00 David Kirsch's Beach Body Bootcamp 30 Yoga Spirits	Step Up - Miami Ballet Fit	Fight Challenge Booty Booster	Bodylicious- Long Island NEW	Step Up - Downtown L.A. Healthy Back	Move it! Jazz Dance NEW Mobility & Balance	Iron Bars Express - Texas Aerobics NEW
15	00 AthletiCore 30 Booty Booster	Bodylicious - Santa Monica	Iron Bars Express - Texas Pure Pilates NEW	Yoga Power Burning HIIT	Bodylicious - Santa Monica	Power Circle NEW	Bodylicious - Santa Monica
16	00 Bodylicious- Long Island NEW 30	Iron Bars Express - L.A. Strong Spine NEW	David Kirsch's Plank Workout	Kettlebell Challenge - Venice Beach Sixpack Attack - Miami	Ninja Power Sixpack Attack - Malibu	Move it! Line Dance NEW Pure Pilates NEW	David Kirsch's Plank Workout Kettlebell Challenge - Venice Beach
17	00 Iron Bars Express - Texas 30 Yoga Power	Bodylicious Express - Long Island David Kirsch's Body Blast	Cross Workout NEW Bodylicious Express - Long Island	Yoga Vinyasa NEW	Iron Bars Express - Texas Aerobics NEW	David Kirsch's Body Blast AthletiCore Burning HIIT	Booty Booster Sixpack Attack - Miami
18	00 LIVE! Samba Fit 30	LIVE! Pump'n Shape	LIVE! Fit Back	LIVE! Samba Fit	LIVE! Six Pack Express LIVE! Fat Burner Express	David Kirsch's Body Blast AthletiCore Burning HIIT	Iron Bars - L.A.
19	00 LIVE! Pilates 30	LIVE! Total Body Workout	LIVE! Core	LIVE! G.A.G.	Kettlebell Challenge - Venice Beach Cross Workout NEW	Cross Workout NEW Iron Bars - Texas	Stretch & Relax Bodylicious Express - Long Island NEW
20	00 LIVE! Pump'n Shape 30	LIVE! Six Pack Express LIVE! H.I.I.T. Express	Power Circle NEW	Step Up - Miami Cross Workout NEW	Iron Bars - L.A.	Sixpack Attack - Miami	Yoga Vinyasa NEW
21	00 Sixpack Attack - Miami 30 Booty Booster	Power Circle NEW	Kettlebell Challenge - Utah Iron Bars Express - L.A.	Sixpack Attack - Malibu Power Circle NEW	Sixpack Attack - Miami Booty Booster		00 30
22	00 Kettlebell Challenge - Venice Beach 30 Iron Bars Express - Texas	Healthy Back Cross Workout NEW	Sixpack Attack - Miami Art of Tai Chi	Power Circle NEW Ninja Power NEW	Mobility & Balance David Kirsch's Plank Workout		00 30

	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato	Domenica	
07	00 30 Cycling Basic II - Malibu	Cycling Basic II - Bronx NEW	Cycling Pro I - Downtown L.A. HIIT Cycling - Bronx NEW	Cycling Pro II - Downtown L.A.	Cycling Pro II - Las Vegas			00 30 07
08	00 30 Cycling Pro I - Las Vegas Go virtual! Cycling	Cycling Pro II - Downtown L.A.	Miami Cycling II	Go virtual! Cycling HIIT Cycling - Bronx NEW	Cycling Basic I - Malibu Cycling Pro I - Las Vegas	Cycling Pro II - Detroit	Cycling Pro II - Las Vegas	00 30 08
09	00 30 Cycling Pro II - Detroit	Cycling Pro I - Las Vegas Go virtual! Cycling	Cycling Pro II - Detroit	Miami Cycling II	Cycling Basic I - Brooklyn Cycling Pro I - Downtown L.A.	Cycling Pro I - Downtown L.A. Cycling Basic I - Malibu	Miami Cycling II	00 30 09
10	00 30 Cycling Basic I - Brooklyn Valley of Fire Cycling Challenge	Cycling Basic II - Malibu	Cycling Pro II - Las Vegas	Cycling Pro I - Downtown L.A. Joshua Tree Park Trail	HIIT Cycling - Bronx NEW Go virtual! Cycling	Cycling Basic II - Malibu	Cycling Pro I - Downtown L.A. Miami Cycling I	00 30 10
11	00 30 Cycling Pro I - Downtown L.A. Miami Cycling I	Cycling Pro II - Las Vegas	Cycling Basic I - Malibu Venice Beach Ocean Ride	Cycling Pro II - Detroit	Cycling Basic II - Malibu	Cycling Pro II - Las Vegas	HIIT Cycling - Bronx NEW Go virtual! Cycling	00 30 11
12	00 30 Cycling Pro II - Downtown L.A.	Miami Cycling II	HIIT Cycling - Bronx NEW Go virtual! Cycling	Cycling Basic I - Brooklyn Valley of Fire Cycling Challenge	Cycling Pro II - Detroit	Go virtual! Cycling Cycling Pro I - Downtown L.A.	Big Sur Pacific Trip Cycling Basic I - Brooklyn	00 30 12
13	00 30 Cycling Pro II - Downtown L.A.	Cycling Pro I - Downtown L.A. Cycling Basic I - Brooklyn	Cycling Pro II - Downtown L.A.	Cycling Pro II - Las Vegas	Miami Cycling I HIIT Cycling - Bronx NEW	Miami Cycling II	Cycling Basic II - Bronx NEW	00 30 13
14	00 30 HIIT Cycling - Bronx NEW Cycling Pro I - Las Vegas	Cycling Pro II - Detroit	Cycling Basic II - Malibu	Go virtual! Cycling Cycling Pro I - Las Vegas	Cycling Basic I - Malibu Cycling Pro I - Downtown L.A.	Cycling Pro II - Downtown L.A.	Cycling Pro II - Las Vegas	00 30 14
15	00 30 Miami Cycling II	Joshua Tree Park Trail Cycling Pro I - Las Vegas	Miami Cycling I Cycling Pro I - Downtown L.A.	Cycling Basic II - Malibu	Cycling Basic II - Bronx NEW	Cycling Pro I - Las Vegas HIIT Cycling - Bronx NEW	Valley of Fire Cycling Challenge Cycling Pro I - Las Vegas	00 30 15
16	00 30 Cycling Basic I - Brooklyn Cycling Pro I - Downtown L.A.	Go virtual! Cycling Cycling Basic I - Malibu	Miami Cycling II	Cycling Pro I - Downtown L.A. Miami Cycling I	Cycling Pro II - Downtown L.A.	Miami Cycling I Cycling Basic I - Malibu	Cycling Basic I - Malibu Cycling Pro I - Downtown L.A.	00 30 16
17	00 30 Go virtual! Cycling Cycling Basic I - Malibu	Cycling Pro II - Downtown L.A.	HIIT Cycling - Bronx NEW Cycling Pro I - Las Vegas	Cycling Pro II - Downtown L.A.	Miami Cycling I Big Sur Pacific Trip	Cycling Pro II - Detroit	Cycling Pro II - Downtown L.A.	00 30 17
18	00 30 Cycling Pro II - Detroit	Miami Cycling I HIIT Cycling - Bronx NEW	Cycling Basic II - Bronx NEW	HIIT Cycling - Bronx NEW Cycling Basic I - Malibu	Cycling Pro II - Las Vegas	Cycling Basic II - Bronx NEW	Go virtual! Cycling Cycling Basic I - Brooklyn	00 30 18
19	00 30 Cycling Basic II - Bronx NEW	Cycling Pro II - Las Vegas	Cycling Pro I - Downtown L.A. Cycling Basic I - Brooklyn	Cycling Pro II - Detroit	Cycling Basic I - Brooklyn Cycling Pro I - Las Vegas	Cycling Pro II - Downtown L.A.	Cycling Pro II - Detroit	00 30 19
20	00 30 HIIT Cycling - Bronx NEW Cycling Basic I - Brooklyn	Cycling Pro I - Downtown L.A. Cycling Basic I - Brooklyn	Cycling Pro II - Las Vegas	Cycling Pro I - Downtown L.A. Cycling Basic I - Brooklyn	HIIT Cycling - Bronx NEW Miami Cycling I	Cycling Pro I - Las Vegas Go virtual! Cycling	Miami Cycling I Cycling Pro I - Downtown L.A.	00 30 20
21	00 30 Cycling Pro II - Las Vegas	Cycling Basic II - Bronx (n) NEW	Go virtual! Cycling Miami Cycling I	Cycling Pro I - Las Vegas Go virtual! Cycling	Cycling Pro II - Detroit			00 30 21
22	00 30 Cycling Basic I - Malibu Go virtual! Cycling	Miami Cycling II	Cycling Pro II - Detroit	Cycling Basic II - Bronx NEW	Cycling Pro I - Downtown L.A. Go virtual! Cycling			00 30 22