



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

Open Group Workout: Mo 19:00 Uhr

An nationalen Feiertagen werden Live-Kurse durch CYBEROBICS®-Kurse ersetzt. | Alle Angaben ohne Gewähr.

Gültig ab: August 2018



| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag | |
|----|--|---|--|--|---|--|---|-------------|
| 06 | Cycling Pro II - Downtown L.A. | Cycling Basic I - Brooklyn HIIT Cycling - Bronx NEW | Cycling Pro I - Las Vegas Cycling Basic I - Brooklyn | Cycling Basic II - Bronx NEW | Miami Cycling II | Go virtual! Cycling HIIT Cycling - Bronx NEW | Cycling Pro II - Downtown L.A. | 00 30 06 |
| 07 | 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 | Cycling Pro I - Las Vegas Cycling Basic I - Brooklyn | Cycling Basic I - Malibu Go virtual! Cycling | 00 30 07 |
| 08 | 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 | 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 | 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 | 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 | 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 | Cycling Basic II - Malibu HIIT Cycling - Bronx NEW | 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 | 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 | 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 | 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 | 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 | 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 | 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 | 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 | 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 | Cycling Pro II - Las Vegas | Cycling Basic II - Malibu | 00 30 21 |
| 22 | 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 | Cycling Basic I - Brooklyn Venice Beach Ocean Ride | Miami Cycling II | 00 30 22 |
| 23 | Venice Beach Ocean Ride Cycling Pro I - Downtown L.A. | Cycling Pro I - Las Vegas Big Sur Pacific Trip | Cycling Pro II - Downtown L.A. | Cycling Pro II - Las Vegas | Cycling Basic II - Bronx NEW | Cycling Pro I - Downtown L.A. Cycling Basic I - Malibu | Cycling Pro I - Las Vegas Joshua Tree Park Trail | 00 30 23 |