



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
06	Iron Bars - Texas	Kettlebell Challenge - Venice Beach	Bodylicious - Long Island	Iron Bars - LA	Power Circle	Aerobics	Body Booster	06
30		Cross Workout				Cross Workout	Burning HIIT	30
07	Bodylicious Express - Long Island	Iron Bars - L.A.	Power Circle	Kettlebell Challenge - Utah	Booty Booster	Yoga Vinyasa	Bodylicious - Long Island	07
30	Ninja Power			Aerobics	Kettlebell Challenge - Venice Beach			30
08	David Kirsch's Body Blast	LIVE! Back Attack	LIVE! Back Attack	Pure Pilates	Burning HIIT	Kettlebell Challenge - Utah	Iron Bars - LA	08
30	Burning HIIT	Booty Booster	AthletiCore	Iron Bars Express - L.A.	Bodylicious Express - Long Island			30
09	Pure Pilates	LIVE! Sixpack Express	LIVE! Sixpack Express	Booty Booster	Yoga Vinyasa	Ninja Power	Step Up - Downtown L.A.	09
30		Bootcamp	Ninja Power	Step Up - Downtown LA		InBalance	Move it! Latin - Miami	30
10	Booty Booster	Bodylicious - Long Island	Step Up - Miami	Bodylicious Express - Long Island	AthletiCore	Iron Bars - L.A.	Bodylicious - Santa Monica	10
30	Step Up - Downtown LA		Kettlebell Challenge - Utah	Ballet Fit	David Kirsch's Body Blast			30
11	Bodylicious - Santa Monica	David Kirsch's Plank Workout	David Kirsch's Body Blast	Power Circle	Cross Workout	Sixpack Attack - Malibu	LIVE! Yoga	11
30		Yoga Vinyasa	InBalance		Aerobics	Ballet Fit		30
12	InBalance		Bodylicious - Santa Monica	Lunch Break Energizer	Iron Bars - Texas	Booty Booster	David Kirsch's Beach Body Bootcamp	12
30	Aerobics	Lunch Break Energizer		Move it! Hip Hop - L.A.		Step Up - Miami	Power Circle	30
13	Kettlebell Challenge - Utah	Burning HIIT	AthletiCore	David Kirsch's Beach Body Bootcamp	Bodylicious Express - Long Island	David Kirsch's Plank Workout		13
30	Iron Bars Express - L.A.	Move it! Hip Hop - L.A.	Stretch & Relax	Iron Bars Express - Texas	Kettlebell Challenge - Utah	Yoga Power	Lunch Break Energizer	30
14	David Kirsch's Beach Body Bootcamp	Step Up - Miami	Fight Challenge	Bodylicious - Long Island	Step Up - Downtown L.A.	Move it! Jazz Dance	Iron Bars Express - Texas	14
30	Yoga Spirits	Ballet Fit	Booty Booster		Healthy Back	Mobility & Balance	Aerobics	30
15	AthletiCore	Bodylicious - Santa Monica	Iron Bars Express - Texas	Yoga Power	Bodylicious - Santa Monica	Power Circle	Bodylicious - Santa Monica	15
30	Booty Booster		Pure Pilates	Burning HIIT				30
16	Bodylicious - Long Island	Iron Bars Express - L.A.	Kettlebell Challenge - Venice Beach	Kettlebell Challenge - Venice Beach	Ninja Power	Move it! Line Dance	David Kirsch's Plank Workout	16
30		Strong Spine	Kettlebell Challenge - Venice Beach	Sixpack Attack - Miami	Sixpack Attack - Malibu	Pure Pilates	Kettlebell Challenge - Venice Beach	30
17	Bodylicious - Santa Monica	Yoga Vinyasa	Iron Bars Express - L.A.	Power Circle	Bodylicious - Santa Monica	David Kirsch's Body Blast	Booty Booster	17
30			LIVE! STRONG Nation				Sixpack Attack - Miami	30
18	LIVE! Bauch Beine Po	LIVE! Body Fight		LIVE! Back Attack	Power Circle	AthletiCore	Iron Bars - L.A.	18
30			LIVE! deepWORK	LIVE! Sixpack Express		Burning HIIT		30
19	LIVE! Zumba Fitness	LIVE! Total Body Workout		Iron Bars - Texas	Kettlebell Challenge - Venice Beach	Cross Workout	Stretch & Relax	19
30			LIVE! Sixpack Express		Cross Workout	Iron Bars - Texas	Bodylicious Express - Long Island	30
20	LIVE! Pump n Shape	Sixpack Attack - Malibu	Power Circle	Step Up - Miami	Iron Bars - LA	Sixpack Attack - Miami	Yoga Vinyasa	20
30		Step Up - Downtown LA		Cross Workout				30
21	Sixpack Attack - Miami	Power Circle	Kettlebell Challenge - Utah	Sixpack Attack - Malibu	Sixpack Attack - Miami	Bodylicious - Long Island	Cross Workout	21
30	Booty Booster		Iron Bars Express - LA	Power Circle	Booty Booster		AthletiCore	30
22	Kettlebell Challenge - Venice Beach	Healthy Back	Sixpack Attack - Miami		Mobility & Balance	Bootcamp	Power Circle	22
30	Iron Bars Express - Texas	Cross Workout	Art of Tai Chi	Ninja Power	David Kirsch's Plank Workout	Iron Bars Express - LA		30
23	Burning HIIT	Aerobics	Bootcamp	Stretch & Relax	Yoga Spirits	Fight Challenge	Strong Spine	23
30	Mobility & Balance	Yoga Power	Strong Spine	InBalance	Burning HIIT	Art of Tai Chi	Go virtual! Performance	30