

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
06	00 AthletiCore 30 Soul meets Body	00 Sixpack Attack - Malibu 30 Kettlebell Challenge - Utah	00 Move it! Latin - Miami 30 Sixpack Attack - Miami	00 Kettlebell Challenge - Utah 30 Iron Bars Express - L.A.	00 Iron Bars Express - Texas 30 Mobility & Balance	00 Burning HIIT 30 Yoga Power	00 Stretch & Relax 30 David Kirsch's Plank Workout	00 06
07	00 Booty Booster 30 Stretch & Relax	00 Booty Booster 30 Yoga Power	00 Iron Bars - Texas	00 Burning HIIT 30 Move it! Hip Hop - Miami	00 Bootcamp 30 Ballet Fit	00 David Kirsch's Beach Body Bootcamp 30 Soul meets Body	00 Sixpack Attack - Malibu 30 Burning HIIT	00 07
08	00 Iron Bars - Texas	00 Go Virtual! Performance 30 Sixpack Attack - Miami	00 Step Up - Miami 30 Iron Bars Express - Texas	00 Bodylicious	00 Burning HIIT 30 Sixpack Attack - Malibu	00 AthletiCore 30 Stretch & Relax	00 Yoga Power 30 Iron Bars Express - Texas	00 08
09	00 Kettlebell Challenge - Utah 30 Sixpack Attack - Miami	00 AthletiCore 30 David Kirsch's Body Blast	00 Bootcamp 30 Healthy Back	00 Booty Booster 30 Mobility & Balance	00 Iron Bars - Texas	00 Bootcamp 30 Iron Bars Express - L.A.	00 Booty Booster 30 Step Up - Miami	00 09
10	00 LIVE! Zumba Fitness®	00 LIVE! Yoga	00 LIVE! Rücken Fit 30 LIVE! Sixpack	00 Stretch & Relax 30 David Kirsch's Plank Workout	00 LIVE! Rücken & Bauch	00 Booty Booster 30 Sixpack Attack - Miami	00 LIVE! Pilates	00 10
11	00 LIVE! Pilates	00 Ballet Fit 30 Mobility & Balance	00 LIVE! Pump n Shape	00 Ballet Fit 30 Iron Bars Express - Texas	00 AthletiCore 30 Healthy Back	00 Iron Bars - Texas	00 LIVE! Hot Iron® 1	00 11
12	00 Bootcamp 30 David Kirsch's Plank Workout	00 Iron Bars Express - L.A. 30 Stretch & Relax	00 Kettlebell Challenge - Utah 30 Move it! Hip Hop - Miami	00 Sixpack Attack - Miami 30 Step Up - Miami	00 Iron Bars Express - Texas 30 David Kirsch's Plank Workout	00 Ballet Fit 30 Burning HIIT	00 Kettlebell Challenge - Utah 30 David Kirsch's Beach Body Bootcamp	00 12
13	00 Healthy Back 30 Step Up - Miami	00 Iron Bars Express - Texas 30 Burning HIIT	00 Sixpack Attack - Miami 30 Mobility & Balance	00 Soul meets Body 30 AthletiCore	00 Booty Booster 30 Move it! Latin - Miami	00 Go Virtual! Performance 30 Bootcamp	00 Yoga Power 30 Iron Bars Express - L.A.	00 13
14	00 Sixpack Attack - Malibu 30 Iron Bars Express - Texas	00 Sixpack Attack - Miami 30 Booty Booster	00 David Kirsch's Body Blast 30 Ballet Fit	00 Kettlebell Challenge - Utah 30 David Kirsch's Plank Workout	00 Ballet Fit 30 Iron Bars Express - L.A.	00 Move it! Hip Hop - Miami 30 Sixpack Attack - Malibu	00 Burning HIIT 30 Ballet Fit	00 14
15	00 Go Virtual! Performance 30 David Kirsch's Beach Body Bootcamp	00 Bodylicious	00 AthletiCore 30 Yoga Power	00 Iron Bars - Texas	00 Bootcamp 30 Sixpack Attack - Miami	00 Bodylicious	00 Iron Bars - Texas	00 15
16	00 Booty Booster 30 Ballet Fit	00 Move it! Latin - Miami 30 David Kirsch's Plank Workout	00 Burning HIIT 30 Stretch & Relax	00 Sixpack Attack - Malibu 30 Go Virtual! Performance	00 AthletiCore 30 Soul meets Body	00 Step Up - Miami 30 Iron Bars Express - Texas	00 Booty Booster 30 Sixpack Attack - Miami	00 16
17	00 LIVE! Sixpack 30 LIVE! Rücken Fit	00 LIVE! Fatburner	00 LIVE! Total Body Workout	00 LIVE! Bauch Beine Po	00 LIVE! Hot Iron® 2	00 Kettlebell Challenge - Utah 30 AthletiCore	00 AthletiCore 30 Iron Bars Express - Texas	00 17
18	00 LIVE! Total Body Workout	00 LIVE! Sixpack 30 LIVE! Rücken Fit	00 LIVE! Yoga	00 LIVE! H.I.I.T. 30 LIVE! Sixpack	00 LIVE! Yoga	00 Yoga Power 30 David Kirsch's Body Blast	00 Healthy Back 30 Move it! Hip Hop - Miami	00 18
19	00 LIVE! Yoga	00 LIVE! Hot Iron® 1	00 LIVE! Fatburner	00 LIVE! Zumba Fitness®	00 Sixpack Attack - Miami 30 Booty Booster	00 Booty Booster 30 Healthy Back	00 Burning HIIT 30 Sixpack Attack - Malibu	00 19
20	00 LIVE! Zumba Fitness®	00 LIVE! Zumba Fitness®	00 LIVE! Sixpack 30 LIVE! Rücken Fit	00 Bootcamp 30 Yoga Power	00 Move it! Hip Hop - Miami 30 Stretch & Relax	00 Iron Bars - Texas	00 Bootcamp 30 Ballet Fit	00 20
21	00 Iron Bars Express - L.A. 30 David Kirsch's Body Blast	00 David Kirsch's Beach Body Bootcamp 30 Move it! Hip Hop - Miami	00 Sixpack Attack - Malibu 30 Iron Bars Express - Texas	00 Burning HIIT 30 Sixpack Attack - Miami	00 Iron Bars - Texas	00 Mobility & Balance 30 Move it! Latin - Miami	00 Go Virtual! Performance 30 Soul meets Body	00 21
22	00 Sixpack Attack - Malibu 30 Kettlebell Challenge - Utah	00 Iron Bars - Texas	00 Bootcamp 30 David Kirsch's Plank Workout	00 David Kirsch's Body Blast 30 Kettlebell Challenge - Utah	00 Kettlebell Challenge - Utah 30 Step Up - Miami	00 David Kirsch's Plank Workout 30 Kettlebell Challenge - Utah	00 Iron Bars Express - Texas 30 Iron Bars Express - L.A.	00 22
23	00 Mobility & Balance 30 Bootcamp	00 Healthy Back 30 Yoga Power	00 Bodylicious	00 Iron Bars - Texas	00 Sixpack Attack - Malibu 30 Burning HIIT	00 Move it! Hip Hop - Miami 30 Go Virtual! Performance	00 David Kirsch's Body Blast 30 Step Up - Miami	00 23

Open Group Workout: Mo bis Do 19:00 Uhr