

	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 <b>LIVE!</b> Zumba Fitness® 30	00 <b>LIVE!</b> Yoga 30	00 <b>LIVE!</b> Rücken Fit 30 <b>LIVE!</b> Sixpack 30 <b>LIVE!</b> Pilates	00 Stretch & Relax 30 David Kirsch's Plank Workout	00 <b>LIVE!</b> Mobility 30	00 Booty Booster 30 Sixpack Attack - Miami	00 <b>LIVE!</b> Pilates 30	00 10
11	00 <b>LIVE!</b> Pilates 30	00 Ballet Fit 30 Mobility & Balance	00 <b>LIVE!</b> Pilates	00 Ballet Fit 30 Iron Bars Express - Texas	00 AthletiCore 30 Healthy Back	00 Iron Bars - Texas	00 <b>LIVE!</b> Hot Iron® 2 30	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 <b>LIVE!</b> Sixpack 30 <b>LIVE!</b> Rücken Fit	00 <b>LIVE!</b> Fatburner	00 <b>LIVE!</b> Beachbody Workout	00 <b>LIVE!</b> Bauch Beine Po	00 <b>LIVE!</b> Pump n Shape	00 Kettlebell Challenge - Utah 30 AthletiCore	00 AthletiCore 30 Iron Bars Express - Texas	00 17
18	00 <b>LIVE!</b> Beachbody Workout 30	00 <b>LIVE!</b> Sixpack 30 <b>LIVE!</b> Bauch Beine Po Express	00 <b>LIVE!</b> Yoga	00 <b>LIVE!</b> H.I.I.T. 30 <b>LIVE!</b> Sixpack	00 <b>LIVE!</b> Yoga	00 Yoga Power 30 David Kirsch's Body Blast	00 Healthy Back 30 Move it! Hip Hop - Miami	00 18
19	00 <b>LIVE!</b> Yoga 30	00 <b>LIVE!</b> STRONG by Zumba® 30	00 <b>LIVE!</b> Fatburner	00 <b>LIVE!</b> Zumba Fitness® 30	00 Sixpack Attack - Miami 30 Booty Booster	00 Booty Booster 30 Healthy Back	00 Burning HIIT 30 Sixpack Attack - Malibu	00 19
20	00 <b>LIVE!</b> Zumba Fitness® 30	00 <b>LIVE!</b> Zumba Fitness® 30	00 <b>LIVE!</b> Sixpack 30 <b>LIVE!</b> Bauch Beine Po Express	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