

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
06 ⁰⁰		Valley of Fire Cycling Challenge		Cross Workout	Sixpack Attack – Miami			06 ⁰⁰
30	Sixpack Attack – Malibu		Power Circle					30
07 ⁰⁰		Healthy Back			Move It! Hip Hop – L.A.	Pure Pilates		07 ⁰⁰
30	Iron Bars Express – L.A.							30
08 ⁰⁰		Iron Bars Express – Texas		Kettlebell Challenge – Venice Beach		Bootcamp		08 ⁰⁰
30	Yoga Power		Stretch and Relax		Soul Meets Body			30
09 ⁰⁰				Bootcamp		Stretch and Relax		09 ⁰⁰
30		Step Up! Downtown L.A.	Iron Bars – L.A.		Go Virtual! Performance		Iron Bars – Texas	30
10 ⁰⁰	Stretch and Relax				InBalance			Burning HIIT
30		Booty Booster			Step Up! Downtown L.A.			30
11 ⁰⁰	Sixpack Attack – Miami		Sixpack Attack – Miami	Burning HIIT		Miami Cycling I	Miami Cycling II	11 ⁰⁰
30		Mobility and Balance			Healthy Back			30
12 ⁰⁰			Cycling Basic II – Malibu	Step Up! Miami (Hangar 97)		Yoga Power		12 ⁰⁰
30	Cycling Pro II – Detroit	Aerobics				Fight Challenge		30
13 ⁰⁰				Yoga Power		Fight Challenge	Step up! Miami (Hangar 97)	13 ⁰⁰
30			AthletiCore		Cross Workout			30
14 ⁰⁰		Step Up! Downtown L.A.		Bootcamp		AthletiCore	Booty Booster	14 ⁰⁰
30	Healthy Back		Go Virtual! Wellness		Stretch and Relax			30
15 ⁰⁰		Step Up! Downtown L.A.		Cycling Basic II – Malibu		Lunch Break Energizer	Move it! Hip Hop – Miami	15 ⁰⁰
30	Iron Bars Express – Texas		Bodylicious Express – Long Island			Kettlebell Challenge – Venice Beach		30

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
16 ⁰⁰		InBalance					Bootcamp	16 ⁰⁰
30	Burning HIIT		Iron Bars Express – L.A.	Sixpack Attack – Miami	Fight Challenge	Mobility and Balance		30
17 ⁰⁰		Iron Bars Express – L.A.					Bootcamp	17 ⁰⁰
30	Soul Meets Body		Move it! Latin – Miami		Healthy Back			30
18 ⁰⁰		Burning HIIT						18 ⁰⁰
30	Cycling Pro I – Las Vegas		Kettlebell Challenge – Venice Beach	Step up! Miami (Hangar 97)	Burning HIIT			30
19 ⁰⁰		Cycling Pro II – Detroit						19 ⁰⁰
30			Burning HIIT	Burning HIIT	Joshua Tree Park Trail			30
20 ⁰⁰	Burning HIIT							20 ⁰⁰
30		Healthy Back	InBalance	Strong Spine				30
21 ⁰⁰	Iron Bars Express – Texas				Bodylicious Express – Long Island			21 ⁰⁰

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