

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
06 ⁰⁰		Go virtual! Cycling	Bootcamp	Cross Workout	Sixpack Attack – Miami			06 ⁰⁰
30	Sixpack Attack – Malibu	Booty Booster	Power Circle	Cycling Pro I – Mojave Desert	David Kirsch's Body Blast			30
07 ⁰⁰	Iron Bars Express – L.A.	Burning Abs (nur 15. Min)			Iron Bars Express – Texas	Kettlebell Challenge – Venice Beach		
30	Bootcamp	Iron Bars Express – Texas	Iron Bars Express – L.A.	Kettlebell Challenge – Venice Beach	Iron Bars Express – Texas			30
08 ⁰⁰	Burning HIIT – Cardio	David Kirsch's Plank Workout	David Kirsch's Body Blast	Total Body Bar Workout	Valley of Fire Cycling Challenge	Bootcamp	Total Body Bar Workout	08 ⁰⁰
30	David Kirsch's Body Blast	Step Up! Downtown L.A.	Burning HIIT – Cardio	David Kirsch's Body Blast	Go virtual! Performance	Step Up! Downtown L.A.	David Kirsch's Plank Workout	30
09 ⁰⁰	Bodylicious – Santa Monica	David Kirsch's Body Blast	Iron Bars – L.A.	Bodylicious Express – Long Island	Step Up! Downtown L.A.	Iron Bars Express – L.A.	Iron Bars – Texas	09 ⁰⁰
30		Bodylicious Express – Long Island			Step Up! Downtown L.A.	David Kirsch's Body Blast		Burning HIIT – Cardio
10 ⁰⁰	Sixpack Attack – Miami	Big Sur Pacific Trip	Sixpack Attack – Miami	Sixpack Attack – Miami	Cross Workout	Cycling Pro I – Mojave Desert	Sixpack Attack – Miami	10 ⁰⁰
30	Bootcamp	Cross Workout	Cycling Basic I – Brooklyn	Burning HIIT – Cardio	Fight Challenge	Venice Beach Ocean Ride	Big Sur Pacific Trip	30
11 ⁰⁰	Go virtual! Cycling	Sixpack Attack – Malibu	HIT Cycling Bronx	Booty Booster	AthletiCore	David Kirsch's Plank Workout	Cross Workout	11 ⁰⁰
30	Kettlebell Challenge – Utah	Burning HIIT – Cardio	AthletiCore	Fight Challenge	Iron Bars Express – L.A.	Fight Challenge	AthletiCore	30
12 ⁰⁰	David Kirsch's Plank Workout	Step Up! Downtown L.A.	Burning HIIT – Cardio	Sixpack Attack – Miami	Kettlebell Challenge – Venice Beach	AthletiCore	Step Up! Downtown L.A.	12 ⁰⁰
30	Iron Bars Express – Texas	Total Body Bar Workout	Bodylicious Express – Long Island	Joshua Tree Park Trail	Fight Challenge	Bodylicious Express – Long Island	Burning HIIT – Cardio	30
13 ⁰⁰	AthletiCore	AthletiCore	Iron Bars Express – L.A.	Burning HIIT – Cardio	Bootcamp	David Kirsch's Body Blast		
30	Step up Downtown LA	David Kirsch's Body Blast	Fight Challenge	Step Up! Hangar 97 (Miami)	Burning HIIT – Cardio	Total Body Bar Workout	Sixpack Attack – Malibu	30
14 ⁰⁰	Cycling Pro II – Las Vegas	Fight Challenge	Kettlebell Challenge – Venice Beach	Sixpack Attack – Miami	Go virtual! Performance	Step Up! Downtown L.A.	Bootcamp	14 ⁰⁰
30		Booty Booster	Go virtual! Performance	David Kirsch's Body Blast	Kick It!	Iron Bars Express – Texas	Fight Challenge	30
15 ⁰⁰	Burning HIIT – Cardio	Kettlebell Challenge – Utah	Cycling Basic II – Malibu	Bodylicious Express – Long Island			Kettlebell Challenge – Utah	Iron Bars Express – L.A.
30	Bodylicious Express – Long Island	Kick it			AthletiCore	Sixpack Attack – Miami	Booty Booster	Go virtual! Performance

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
16 ⁰⁰	David Kirsch's Body Blast	Kick it	Booty Booster	Total Body Bar Workout	Total Body Bar Workout	Valley of Fire Cycling Challenge	David Kirsch's Body Blast	16 ⁰⁰
30	Step Up! Downtown L.A.	Burning HIIT – Cardio	Bootcamp	Booty Booster	David Kirsch's Body Blast	Burning HIIT – Cardio	Bodylicious Express – Long Island	30
17 ⁰⁰	Fight Challenge	Bootcamp	Step up Downtown LA	Burning HIIT – Cardio	Power Circle	AthletiCore	Total Body Bar Workout	17 ⁰⁰
30	Booty Booster	Cycling Pro I – Mojave Desert	Sixpack Attack – Miami	Fight Challenge				30
18 ⁰⁰	Burning HIIT – Cardio	Cycling Pro II – Detroit	Burning HIIT – Cardio	Sixpack Attack – Malibu	Joshua Tree Park Trail			18 ⁰⁰
30	David Kirsch's Plank Workout		Iron Bars Express – Texas	Step Up Downtown LA	Cycling Pro I – Mojave Desert			30
19 ⁰⁰	Iron Bars – L.A.	Iron Bars Express – L.A.	Fight Challenge	Iron Bars Express – Texas	Sixpack Attack – Malibu			19 ⁰⁰
30		David Kirsch's Beach Body Bootcamp	David Kirsch's Plank Workout	David Kirsch's Plank Workout	Burning HIIT – Cardio			30
20 ⁰⁰	AthletiCore	David Kirsch's Body Blast	Kettlebell Challenge – Utah	Power Circle	Iron Bars – L.A.			20 ⁰⁰
30	David Kirsch's Body Blast	David Kirsch's Plank Workout	AthletiCore					
21 ⁰⁰	Kettlebell Challenge – Venice Beach	Step up Downtown LA	HIIT Cycling – Bronx	Burning HIIT – Cardio	Fight Challenge			21 ⁰⁰

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