

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
08	00 Iron Bars Express - Texas NEU 30 Stretch & Relax NEU	Yoga Spirits Iron Bars Express - L.A. NEU	Healthy Back NEU Move it! Latin 2	David Kirsch's Plank Workout Ballet Fit	Iron Bars - Texas NEU			00 08 30
09	00 David Kirsch's Body Blast 30 Burning HIIT	AthletiCore Bootcamp	Sixpack Attack 2 David Kirsch's Beach Body Bootcamp	Kettlebell Challenge - Utah NEU Iron Bars Express - Texas NEU	Soul meets Body Stretch & Relax NEU			00 09 30
10	00 Bodylicious 30	Iron Bars - Texas NEU	Step Up 2 Kettlebell Challenge - Utah NEU	AthletiCore Stretch & Relax NEU	Move it! Hip Hop 2 David Kirsch's Beach Body Bootcamp	Iron Bars - Texas NEU	Yoga Power Ballet Fit	00 10 30
11	00 Booty Booster 30 Bootcamp	Go Virtual! Performance Healthy Back	Ballet Fit Yoga Power	Sixpack Attack Bootcamp	Iron Bars Express - Texas NEU Move it! Latin 2	Iron Bars Express - L.A. NEU Ballet Fit	AthletiCore Kettlebell Challenge - Utah NEU	00 11 30
12	00 Go Virtual! Performance 30 Kettlebell Challenge - Utah NEU	David Kirsch's Plank Workout Yoga Power	David Kirsch's Body Blast Move it! Hip Hop 2	Stretch & Relax NEU Iron Bars Express - L.A. NEU	Bodylicious	Booty Booster Step Up 2	Fight Challenge Healthy Back NEU	00 12 30
13	00 Move it! Latin 2 30 Iron Bars Express - L.A. NEU	Burning HIIT Sixpack Attack 2	Iron Bars - Texas NEU	Soul meets Body Yoga Power	Fight Challenge Kettlebell Challenge - Utah NEU	David Kirsch's Beach Body Bootcamp AthletiCore	Soul meets Body Move it! Hip Hop 2	00 13 30
14	00 David Kirsch's Beach Body Bootcamp 30 Iron Bars Express - Texas NEU	Bodylicious	Fight Challenge Booty Booster NEU	Booty Booster Burning HIIT	Step Up 2 AthletiCore	Move it! Latin 2 Kettlebell Challenge - Utah NEU	Iron Bars Express - Texas NEU Mobility & Balance NEU	00 14 30
15	00 Fight Challenge 30 Sixpack Attack 2	Step Up 2 Ballet Fit	Iron Bars Express - L.A. NEU Move it! Latin 2	David Kirsch's Body Blast Go Virtual! Performance	Go Virtual! Performance Booty Booster	Sixpack Attack 2 Stretch & Relax NEU	Bodylicious	00 15 30
16	00 AthletiCore 30 Booty Booster	Kettlebell Challenge - Utah NEU Soul meets Body	Mobility & Balance NEU Go Virtual! Performance	Yoga Spirits Sixpack Attack 2	Healthy Back NEU Stretch & Relax NEU	Yoga Power Burning HIIT	Step Up 2 Kettlebell Challenge - Utah NEU	00 16 30
17	00 Step Up 2 30 Yoga Power	David Kirsch's Body Blast Mobility & Balance NEU	Soul meets Body Stretch & Relax NEU	Bodylicious	Mobility & Balance NEU Bootcamp	Iron Bars Express - Texas NEU Healthy Back NEU	Booty Booster Sixpack Attack	00 17 30
18	00 Move it! Hip Hop 2 30 Healthy Back NEU	Iron Bars Express - Texas NEU AthletiCore	Kettlebell Challenge - Utah NEU Ballet Fit	David Kirsch's Beach Body Bootcamp Booty Booster	Iron Bars Express - L.A. NEU David Kirsch's Body Blast			00 18 30
19	00 Soul meets Body 30 Sixpack Attack	Burning HIIT Iron Bars Express - L.A. NEU	Burning HIIT Move it! Hip Hop 2	Iron Bars - Texas NEU	Ballet Fit Yoga Power			00 19 30
20	00 Iron Bars - Texas NEU 30	Ballet Fit David Kirsch's Beach Body Bootcamp	Bodylicious	Step Up 2 Healthy Back NEU	Kettlebell Challenge - Utah NEU Iron Bars Express - Texas NEU			00 20 30
21	00 Mobility & Balance NEU 30 Stretch & Relax	Booty Booster Stretch & Relax NEU	Iron Bars Express - Texas NEU Bootcamp	Fight Challenge Mobility & Balance NEU	Burning HIIT Sixpack Attack 2			00 21 30

Öffnungszeiten: Mo-Fr 08-22 Uhr und Sa-So sowie an Feiertagen 10-18 Uhr

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