

		dl	dt	dc	dj	dv	db	dg
08:00 - 08:15	XPRESS					DUET SUSPENSIO TRAINING		
08:00 - 08:20	XPRESS			RADIKAL				
08:15 - 08:30	XPRESS		ABDOMINALS					
09:15 - 09:30	XPRESS				ABDOMINALS			
09:15 - 09:35	XPRESS						RADIKAL	
10:15 - 10:30	XPRESS			DUET SUSPENSIO TRAINING		ABDOMINALS	DUET SUSPENSIO TRAINING	
10:15 - 10:35	XPRESS		RADIKAL					RADIKAL
10:30 - 10:50	XPRESS				RADIKAL			
11:15 - 11:30	XPRESS			FREE FIT			ABDOMINALS	ABDOMINALS
11:15 - 11:35	XPRESS					RADIKAL		
14:15 - 14:35	XPRESS							RADIKAL
14:30 - 14:45	XPRESS		DUET SUSPENSIO TRAINING		ABDOMINALS			
14:30 - 14:50	XPRESS			RADIKAL		RADIKAL		
16:00 - 16:15	XPRESS			ABDOMINALS				
16:00 - 16:20	XPRESS		RADIKAL					
18:00 - 18:15	XPRESS		ABDOMINALS		FREE FIT	ABDOMINALS		
18:00 - 18:20	XPRESS			RADIKAL			RADIKAL	
19:00 - 19:15	XPRESS		FREE FIT	DUET SUSPENSIO TRAINING				
19:00 - 19:20	XPRESS				RADIKAL	RADIKAL		
20:00 - 20:15	XPRESS				DUET SUSPENSIO TRAINING			
20:00 - 20:20	XPRESS		RADIKAL					