

		l	m	x	j	v	s	d
08:00 - 08:15	XPRESS					DUET SUSPENSION TRAINING		
10:15 - 10:30	XPRESS			DUET SUSPENSION TRAINING			DUET SUSPENSION TRAINING	
14:30 - 14:45	XPRESS		DUET SUSPENSION TRAINING					
16:00 - 16:15	XPRESS	DUET SUSPENSION TRAINING						
19:00 - 19:15	XPRESS			DUET SUSPENSION TRAINING				
20:00 - 20:15	XPRESS				DUET SUSPENSION TRAINING			