

		dl	dt	dc	dj	dv	db	dg
07:00 - 07:15	XPRESS	DUET SUSPENSIO TRAINING			FREE FIT	ABDOMINALS		
		DUET SUSPENSIO TRAINING						
		ABDOMINALS						
07:00 - 07:20	XPRESS		RADIKAL					
08:00 - 08:15	XPRESS				FREE FIT			
08:30 - 08:45	XPRESS		DUET SUSPENSIO TRAINING	ABDOMINALS		ABDOMINALS		
08:30 - 08:50	XPRESS	RADIKAL						
09:15 - 09:30	XPRESS	FREE FIT	ABDOMINALS		DUET SUSPENSIO TRAINING		ABDOMINALS	ABDOMINALS
09:15 - 09:35	XPRESS			RADIKAL		RADIKAL		
10:45 - 11:00	XPRESS	ABDOMINALS		DUET SUSPENSIO TRAINING		ABDOMINALS		DUET SUSPENSIO TRAINING
		FREE FIT						
10:45 - 11:05	XPRESS		RADIKAL				RADIKAL	
12:15 - 12:30	XPRESS	DUET SUSPENSIO TRAINING	FREE FIT	ABDOMINALS		ABDOMINALS	ABDOMINALS	
12:15 - 12:35	XPRESS				RADIKAL			RADIKAL
14:00 - 14:15	XPRESS	ABDOMINALS		DUET SUSPENSIO TRAINING	ABDOMINALS			
14:00 - 14:20	XPRESS		RADIKAL			RADIKAL		
14:30 - 14:45	XPRESS		DUET SUSPENSIO TRAINING		DUET SUSPENSIO TRAINING			
14:30 - 14:50	XPRESS	RADIKAL						
14:45 - 15:05	XPRESS			RADIKAL				
15:00 - 15:15	XPRESS	DUET SUSPENSIO TRAINING	ABDOMINALS			ABDOMINALS		
15:15 - 15:30	XPRESS			ABDOMINALS				
15:15 - 15:35	XPRESS				RADIKAL			
15:30 - 15:45	XPRESS	ABDOMINALS	FREE FIT					
16:15 - 16:30	XPRESS						FREE FIT	
17:15 - 17:30	XPRESS						ABDOMINALS	
18:00 - 18:15	XPRESS		ABDOMINALS	FREE FIT	ABDOMINALS	DUET SUSPENSIO TRAINING		ABDOMINALS
18:00 - 18:20	XPRESS	RADIKAL					RADIKAL	
19:00 - 19:15	XPRESS	ABDOMINALS		ABDOMINALS	DUET SUSPENSIO TRAINING	FREE FIT		
19:00 - 19:20	XPRESS		RADIKAL					
20:00 - 20:15	XPRESS		DUET SUSPENSIO TRAINING	ABDOMINALS		DUET SUSPENSIO TRAINING		
				ABDOMINALS				
20:00 - 20:20	XPRESS	RADIKAL			RADIKAL			
21:15 - 21:30	XPRESS	DUET SUSPENSIO TRAINING	ABDOMINALS	DUET SUSPENSIO TRAINING	FREE FIT			
21:15 - 21:35	XPRESS					RADIKAL		