

		mon	tue	wen	thu	fri	sat	sun
07:00 - 07:15	XPRESS	DUET SUSPENSION TRAINING						
		DUET SUSPENSION TRAINING						
08:30 - 08:45	XPRESS		DUET SUSPENSION TRAINING					
09:15 - 09:30	XPRESS				DUET SUSPENSION TRAINING			
10:45 - 11:00	XPRESS			DUET SUSPENSION TRAINING				DUET SUSPENSION TRAINING
12:15 - 12:30	XPRESS	DUET SUSPENSION TRAINING						
14:00 - 14:15	XPRESS			DUET SUSPENSION TRAINING				
14:30 - 14:45	XPRESS		DUET SUSPENSION TRAINING		DUET SUSPENSION TRAINING			
15:00 - 15:15	XPRESS	DUET SUSPENSION TRAINING						
18:00 - 18:15	XPRESS					DUET SUSPENSION TRAINING		
19:00 - 19:15	XPRESS				DUET SUSPENSION TRAINING			
20:00 - 20:15	XPRESS		DUET SUSPENSION TRAINING			DUET SUSPENSION TRAINING		
21:15 - 21:30	XPRESS	DUET SUSPENSION TRAINING		DUET SUSPENSION TRAINING				