

| | | mon | tue | wen | thu | fri | sat | sun |
|---------------|--------|----------|----------|----------|----------|----------|----------|-----|
| 07:00 - 07:15 | XPRESS | | | | FREE FIT | | | |
| 08:00 - 08:15 | XPRESS | | | | FREE FIT | | | |
| 09:15 - 09:30 | XPRESS | FREE FIT | | | | | | |
| 10:45 - 11:00 | XPRESS | FREE FIT | | | | | | |
| 12:15 - 12:30 | XPRESS | | FREE FIT | | | | | |
| 15:30 - 15:45 | XPRESS | | FREE FIT | | | | | |
| 16:15 - 16:30 | XPRESS | | | | | | FREE FIT | |
| 18:00 - 18:15 | XPRESS | | | FREE FIT | | | | |
| 19:00 - 19:15 | XPRESS | | | | | FREE FIT | | |
| 21:15 - 21:30 | XPRESS | | | | FREE FIT | | | |