

		mon	tue	wen	thu	fri	sat	sun
07:00 - 07:15	XPRESS	DIET SUSPENSION TRAINING				ABD		
		DIET SUSPENSION TRAINING						
		ABD						
07:00 - 08:00	LIVE				BODY PUMP (R)			
08:00 - 08:45	LIVE		GAP 45'					
08:00 - 09:00	LIVE	BODY PUMP (R)				BODY PUMP (R)		
08:30 - 08:45	XPRESS		DIET SUSPENSION TRAINING	ABD		ABD		
09:15 - 09:30	XPRESS		ABD		DIET SUSPENSION TRAINING		ABD	ABD
09:15 - 10:15	LIVE			BODY PUMP (R)				
10:15 - 11:15	LIVE						BODY PUMP (R)	
10:45 - 11:00	XPRESS	ABD		DIET SUSPENSION TRAINING		ABD		DIET SUSPENSION TRAINING
12:15 - 12:30	XPRESS	DIET SUSPENSION TRAINING		ABD		ABD	ABD	
14:00 - 14:15	XPRESS	ABD		DIET SUSPENSION TRAINING	ABD			
14:00 - 14:45	LIVE	BODY PUMP (R)						
14:15 - 15:00	LIVE					BODY PUMP (R)		
14:30 - 14:45	XPRESS		DIET SUSPENSION TRAINING		DIET SUSPENSION TRAINING			
15:00 - 15:15	XPRESS	DIET SUSPENSION TRAINING	ABD			ABD		
15:00 - 15:45	LIVE			BODY PUMP (R)				
15:15 - 15:30	XPRESS			ABD				
15:30 - 15:45	XPRESS	ABD						
17:15 - 17:30	XPRESS						ABD	
17:45 - 18:30	LIVE			GAP 45'				
18:00 - 18:15	XPRESS		ABD		ABD	DIET SUSPENSION TRAINING		ABD
18:00 - 18:45	LIVE				BODY PUMP (R)	GAP 45'		
18:45 - 19:30	LIVE	BODY PUMP (R)						
19:00 - 19:15	XPRESS	ABD		ABD	DIET SUSPENSION TRAINING			
19:45 - 20:30	LIVE					BODY PUMP (R)		
20:00 - 20:15	XPRESS		DIET SUSPENSION TRAINING	ABD		DIET SUSPENSION TRAINING		
				ABD				
20:00 - 20:45	LIVE			BODY PUMP (R)				
20:45 - 21:30	LIVE		BODY PUMP (R)					
21:15 - 21:30	XPRESS	DIET SUSPENSION TRAINING	ABD	DIET SUSPENSION TRAINING				