

		mon	tue	wen	thu	fri	sat	sun
07:00 - 07:15	XPRESS	DUET SUSPENSION TRAINING			FREE FIT	ABD		
		DUET SUSPENSION TRAINING						
		ABD						
07:00 - 07:20	XPRESS		RADIKAL					
08:00 - 08:15	XPRESS				FREE FIT			
08:30 - 08:45	XPRESS		DUET SUSPENSION TRAINING	ABD		ABD		
08:30 - 08:50	XPRESS	RADIKAL						
09:15 - 09:30	XPRESS	FREE FIT	ABD		DUET SUSPENSION TRAINING		ABD	ABD
09:15 - 09:35	XPRESS			RADIKAL		RADIKAL		
10:45 - 11:00	XPRESS	ABD		DUET SUSPENSION TRAINING		ABD		DUET SUSPENSION TRAINING
		FREE FIT						
10:45 - 11:05	XPRESS		RADIKAL				RADIKAL	
12:15 - 12:30	XPRESS	DUET SUSPENSION TRAINING	FREE FIT	ABD		ABD	ABD	
12:15 - 12:35	XPRESS				RADIKAL			RADIKAL
14:00 - 14:15	XPRESS	ABD		DUET SUSPENSION TRAINING	ABD			
14:00 - 14:20	XPRESS		RADIKAL			RADIKAL		
14:30 - 14:45	XPRESS		DUET SUSPENSION TRAINING		DUET SUSPENSION TRAINING			
14:30 - 14:50	XPRESS	RADIKAL						
14:45 - 15:05	XPRESS			RADIKAL				
15:00 - 15:15	XPRESS	DUET SUSPENSION TRAINING	ABD			ABD		
15:15 - 15:30	XPRESS			ABD				
15:15 - 15:35	XPRESS				RADIKAL			
15:30 - 15:45	XPRESS	ABD	FREE FIT					
16:15 - 16:30	XPRESS						FREE FIT	
17:15 - 17:30	XPRESS						ABD	
18:00 - 18:15	XPRESS		ABD	FREE FIT	ABD	DUET SUSPENSION TRAINING		ABD
18:00 - 18:20	XPRESS	RADIKAL					RADIKAL	
19:00 - 19:15	XPRESS	ABD		ABD	DUET SUSPENSION TRAINING	FREE FIT		
19:00 - 19:20	XPRESS		RADIKAL					
20:00 - 20:15	XPRESS		DUET SUSPENSION TRAINING	ABD		DUET SUSPENSION TRAINING		
				ABD				
20:00 - 20:20	XPRESS	RADIKAL			RADIKAL			
21:15 - 21:30	XPRESS	DUET SUSPENSION TRAINING	ABD	DUET SUSPENSION TRAINING	FREE FIT			
21:15 - 21:35	XPRESS					RADIKAL		