

		l	m	x	j	v	s	d
07:00 - 08:00	LIVE				BODY PUMP (R)			
08:00 - 09:00	LIVE	BODY PUMP (R)				BODY PUMP (R)		
09:15 - 10:15	LIVE			BODY PUMP (R)				
10:15 - 11:15	LIVE						BODY PUMP (R)	
14:00 - 14:45	LIVE	BODY PUMP (R)						
14:15 - 15:00	LIVE					BODY PUMP (R)		
15:00 - 15:45	LIVE			BODY PUMP (R)				
18:00 - 18:45	LIVE				BODY PUMP (R)			
18:45 - 19:30	LIVE	BODY PUMP (R)						
19:45 - 20:30	LIVE					BODY PUMP (R)		
20:00 - 20:45	LIVE			BODY PUMP (R)				
20:45 - 21:30	LIVE		BODY PUMP (R)					