

		dl	dt	dc	dj	dv	db	dg
07:00 - 07:15	XPRESS	ABDOMINALS		ABDOMINALS		ABDOMINALS		
08:15 - 08:30	XPRESS			ABDOMINALS		ABDOMINALS		
09:15 - 09:30	XPRESS		ABDOMINALS				ABDOMINALS	ABDOMINALS
11:15 - 11:30	XPRESS	ABDOMINALS				ABDOMINALS		
12:15 - 12:30	XPRESS	ABDOMINALS				ABDOMINALS		
14:00 - 14:15	XPRESS		ABDOMINALS		ABDOMINALS			
14:30 - 14:45	XPRESS	ABDOMINALS				ABDOMINALS		
14:30 - 14:50	XPRESS			ABDOMINALS				
15:00 - 15:15	XPRESS		ABDOMINALS		ABDOMINALS		ABDOMINALS	
18:00 - 18:15	XPRESS		ABDOMINALS		ABDOMINALS			
19:00 - 19:15	XPRESS			ABDOMINALS				
19:30 - 19:45	XPRESS	ABDOMINALS	ABDOMINALS		ABDOMINALS	ABDOMINALS		
20:00 - 20:15	XPRESS			ABDOMINALS				
21:15 - 21:30	XPRESS		ABDOMINALS					