

		dl	dt	dc	dj	dv	db	dg
07:00 - 07:15	XPRESS	ABDOMINALS		ABDOMINALS		ABDOMINALS		
07:00 - 07:20	XPRESS		RADIKAL		FREE FIT			
08:15 - 08:30	XPRESS		DUET SUSPENSIO TRAINING	ABDOMINALS		ABDOMINALS		
08:15 - 08:35	XPRESS	RADIKAL			FREE FIT			
09:15 - 09:30	XPRESS		ABDOMINALS		DUET SUSPENSIO TRAINING		ABDOMINALS	ABDOMINALS
09:15 - 09:35	XPRESS	FREE FIT		RADIKAL		RADIKAL		
11:15 - 11:30	XPRESS	ABDOMINALS		DUET SUSPENSIO TRAINING		ABDOMINALS		DUET SUSPENSIO TRAINING
11:15 - 11:35	XPRESS		RADIKAL		FREE FIT		RADIKAL	
12:15 - 12:30	XPRESS	ABDOMINALS		DUET SUSPENSIO TRAINING		ABDOMINALS	DUET SUSPENSIO TRAINING	
12:15 - 12:35	XPRESS		RADIKAL					RADIKAL
12:15 - 15:35	XPRESS				FREE FIT			
14:00 - 14:15	XPRESS		ABDOMINALS	DUET SUSPENSIO TRAINING	ABDOMINALS		DUET SUSPENSIO TRAINING	
14:00 - 14:20	XPRESS	RADIKAL				RADIKAL		RADIKAL
14:30 - 14:45	XPRESS	ABDOMINALS				ABDOMINALS		
14:30 - 14:50	XPRESS		RADIKAL	ABDOMINALS	FREE FIT		FREE FIT	
15:00 - 15:15	XPRESS		ABDOMINALS		ABDOMINALS		ABDOMINALS	
15:00 - 15:20	XPRESS	RADIKAL		FREE FIT		RADIKAL		
18:00 - 18:15	XPRESS		ABDOMINALS		ABDOMINALS	DUET SUSPENSIO TRAINING		
18:00 - 18:20	XPRESS	RADIKAL		FREE FIT			RADIKAL	
19:00 - 19:15	XPRESS			ABDOMINALS	DUET SUSPENSIO TRAINING			
19:00 - 19:20	XPRESS	FREE FIT	RADIKAL			FREE FIT	RADIKAL	
19:30 - 19:45	XPRESS	ABDOMINALS	ABDOMINALS		ABDOMINALS	ABDOMINALS		
19:30 - 19:50	XPRESS			RADIKAL				
20:00 - 20:15	XPRESS		DUET SUSPENSIO TRAINING	ABDOMINALS		DUET SUSPENSIO TRAINING		
20:00 - 20:20	XPRESS	RADIKAL			RADIKAL			
21:15 - 21:30	XPRESS	DUET SUSPENSIO TRAINING	ABDOMINALS	DUET SUSPENSIO TRAINING				
21:15 - 21:35	XPRESS				FREE FIT			