

		dl	dt	dc	dj	dv	db	dg
07:15 - 07:30	XPRESS		ABDOMINALS		ABDOMINALS			
07:15 - 07:35	XPRESS	FREE FIT		RADIKAL		FREE FIT		
08:30 - 08:45	XPRESS	ABDOMINALS		ABDOMINALS		DUET SUSPENSIO TRAINING		
08:30 - 08:50	XPRESS		RADIKAL		RADIKAL			
09:15 - 09:30	XPRESS	DUET SUSPENSIO TRAINING	ABDOMINALS				ABDOMINALS	
09:15 - 09:35	XPRESS			FREE FIT	GAC 20'	RADIKAL		
10:15 - 10:30	XPRESS							DUET SUSPENSIO TRAINING
10:15 - 10:35	XPRESS						RADIKAL	
10:30 - 10:45	XPRESS			DUET SUSPENSIO TRAINING	ABDOMINALS	STRETCHING		
10:30 - 10:50	XPRESS	RADIKAL	FREE FIT					
11:00 - 11:15	XPRESS						STRETCHING	
11:15 - 11:30	XPRESS							ABDOMINALS
12:00 - 12:15	XPRESS	DUET SUSPENSIO TRAINING		ABDOMINALS		ABDOMINALS		
12:00 - 12:20	XPRESS		RADIKAL		RADIKAL			
12:15 - 12:30	XPRESS						ABDOMINALS	
12:15 - 12:35	XPRESS							RADIKAL
13:00 - 13:15	XPRESS							ABDOMINALS
14:00 - 14:20	XPRESS	RADIKAL		FREE FIT		RADIKAL		
14:15 - 14:30	XPRESS		ABDOMINALS		ABDOMINALS			
15:00 - 15:15	XPRESS	ABDOMINALS		ABDOMINALS		ABDOMINALS		
15:00 - 15:20	XPRESS		RADIKAL		RADIKAL			
15:30 - 15:45	XPRESS		DUET SUSPENSIO TRAINING		ABDOMINALS			
16:00 - 16:20	XPRESS	FREE FIT		RADIKAL			RADIKAL	
17:00 - 17:20	XPRESS						GAC 20'	
18:00 - 18:15	XPRESS			ABDOMINALS	DUET SUSPENSIO TRAINING			
18:00 - 18:20	XPRESS	RADIKAL	RADIKAL			FREE FIT	RADIKAL	
19:00 - 19:15	XPRESS		ABDOMINALS	DUET SUSPENSIO TRAINING	ABDOMINALS	ABDOMINALS	ABDOMINALS	
19:00 - 19:20	XPRESS	GAC 20'						
20:00 - 20:15	XPRESS	ABDOMINALS						
20:00 - 20:20	XPRESS		GAC 20'	RADIKAL	FREE FIT	RADIKAL		
21:00 - 21:15	XPRESS		ABDOMINALS	ABDOMINALS	ABDOMINALS			
21:00 - 21:20	XPRESS	FREE FIT						