

		mon	tue	wen	thu	fri	sat	sun
07:15 - 07:35	XPRESS	FREE FIT				FREE FIT		
09:15 - 09:35	XPRESS			FREE FIT				
10:30 - 10:50	XPRESS		FREE FIT					
14:00 - 14:20	XPRESS			FREE FIT				
16:00 - 16:20	XPRESS	FREE FIT						
18:00 - 18:20	XPRESS					FREE FIT		
20:00 - 20:20	XPRESS				FREE FIT			
21:00 - 21:20	XPRESS	FREE FIT						