

		l	m	x	j	v	s	d
07:15 - 07:30	XPRESS		ABDOMINALES		ABDOMINALES			
07:15 - 07:35	XPRESS	FREE FIT		RADIKAL		FREE FIT		
08:30 - 08:45	XPRESS	ABDOMINALES		ABDOMINALES		DUET SUSPENSION TRAINING		
08:30 - 08:50	XPRESS		RADIKAL		RADIKAL			
09:15 - 09:30	XPRESS						ABDOMINALES	
09:15 - 09:35	XPRESS			FREE FIT	GAP 20'	RADIKAL		
10:15 - 10:30	XPRESS							DUET SUSPENSION TRAINING
10:15 - 10:35	XPRESS						RADIKAL	
10:30 - 10:45	XPRESS			DUET SUSPENSION TRAINING	ABDOMINALES			
10:30 - 10:50	XPRESS	RADIKAL	FREE FIT					
11:00 - 11:15	XPRESS							ABDOMINALES
12:00 - 12:15	XPRESS			ABDOMINALES		ABDOMINALES		
12:00 - 12:20	XPRESS		RADIKAL		RADIKAL			
12:15 - 12:30	XPRESS						ABDOMINALES	
12:15 - 12:35	XPRESS							RADIKAL
13:00 - 13:15	XPRESS							ABDOMINALES
14:00 - 14:20	XPRESS	RADIKAL		FREE FIT		RADIKAL		
14:15 - 14:30	XPRESS				ABDOMINALES			
15:00 - 15:15	XPRESS	ABDOMINALES		ABDOMINALES		ABDOMINALES		
15:00 - 15:20	XPRESS		RADIKAL		RADIKAL			
16:00 - 16:20	XPRESS	FREE FIT		RADIKAL			RADIKAL	
17:00 - 17:20	XPRESS						GAP 20'	
18:00 - 18:15	XPRESS			ABDOMINALES	DUET SUSPENSION TRAINING			
18:00 - 18:20	XPRESS	RADIKAL	RADIKAL				RADIKAL	
19:00 - 19:15	XPRESS						ABDOMINALES	
19:00 - 19:20	XPRESS	GAP 20'						
20:00 - 20:20	XPRESS		GAP 20'	RADIKAL	FREE FIT			
21:00 - 21:15	XPRESS		ABDOMINALES	ABDOMINALES	ABDOMINALES			
21:00 - 21:20	XPRESS	FREE FIT						