

		dl	dt	dc	dj	dv	db	dg
07:30 - 07:45	XPRESS	ABDOMINALS		ABDOMINALS				
09:00 - 09:15	XPRESS			ABDOMINALS		ABDOMINALS		
09:30 - 09:45	XPRESS						ABDOMINALS	ABDOMINALS
10:00 - 10:15	XPRESS				ABDOMINALS			
10:15 - 10:30	XPRESS		ABDOMINALS					
12:00 - 12:15	XPRESS			ABDOMINALS		ABDOMINALS		
13:00 - 13:15	XPRESS						ABDOMINALS	
	LIVE							ABDOMINALS
14:00 - 14:15	XPRESS		ABDOMINALS		ABDOMINALS			
15:00 - 15:15	XPRESS	ABDOMINALS		ABDOMINALS		ABDOMINALS		
15:30 - 15:45	XPRESS	ABDOMINALS			ABDOMINALS			
16:15 - 16:30	XPRESS						ABDOMINALS	
17:30 - 17:45	XPRESS		ABDOMINALS					
17:45 - 18:00	XPRESS	ABDOMINALS						
18:00 - 18:15	XPRESS			ABDOMINALS		ABDOMINALS		
18:15 - 18:30	XPRESS				ABDOMINALS		ABDOMINALS	
19:15 - 19:30	XPRESS			ABDOMINALS				
19:45 - 20:00	XPRESS	ABDOMINALS						
20:00 - 20:15	XPRESS					ABDOMINALS		
21:00 - 21:15	XPRESS		ABDOMINALS	ABDOMINALS	ABDOMINALS			