

		dl	dt	dc	dj	dv	db	dg
07:15 - 07:35	XPRESS					GAP XPRESS		
07:15 - 08:15	LIVE	BODY PUMP		BODY PUMP				
07:30 - 07:45	XPRESS	ABDOMINALS		ABDOMINALS				
08:15 - 08:30	XPRESS		DST					
09:00 - 09:15	XPRESS			ABDOMINALS		ABDOMINALS		
09:15 - 10:00	LIVE					GAP 45'		
09:30 - 09:45	XPRESS						ABDOMINALS	ABDOMINALS
10:00 - 10:15	XPRESS				ABDOMINALS			
10:00 - 11:00	LIVE						BODY PUMP	
10:15 - 10:30	XPRESS		ABDOMINALS					
10:30 - 10:45	XPRESS			DST				
10:30 - 11:15	LIVE		GAP 45'					
			GAP 45'					
11:00 - 11:15	XPRESS				DST			
11:00 - 12:00	LIVE				BODY PUMP			
11:15 - 11:30	XPRESS							DST
12:00 - 12:15	XPRESS	DST		ABDOMINALS		ABDOMINALS		
13:00 - 13:15	XPRESS						ABDOMINALS	
	LIVE							ABDOMINALS
14:00 - 14:15	XPRESS		ABDOMINALS		ABDOMINALS			
14:00 - 14:45	LIVE	BODY PUMP						
14:15 - 15:00	LIVE			TONO				
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		DST			
17:45 - 18:00	XPRESS	ABDOMINALS						
17:45 - 18:30	LIVE		GAP 45'					
18:00 - 18:15	XPRESS			ABDOMINALS		ABDOMINALS		
18:15 - 18:30	XPRESS				ABDOMINALS		ABDOMINALS	
18:30 - 18:45	XPRESS			GAP XPRESS				
18:30 - 19:15	LIVE			BODY PUMP (R)	BODY PUMP (R)			
19:00 - 19:45	LIVE					BODY PUMP		
19:15 - 19:30	XPRESS			ABDOMINALS				
19:30 - 19:45	XPRESS		GAP XPRESS					
19:30 - 20:15	LIVE		BODY PUMP (R)					
19:45 - 20:00	XPRESS	ABDOMINALS						
20:00 - 20:15	XPRESS			DST		ABDOMINALS		
20:15 - 20:35	XPRESS	GAP XPRESS						

20:15 - 21:00	LIVE	BODY PUMP (R)						
21:00 - 21:15	XPRESS		ABDOMINALS	ABDOMINALS	ABDOMINALS			
21:00 - 21:20	XPRESS				GAP XPRESS			