

		dl	dt	dc	dj	dv	db	dg
07:15 - 07:35	XPRESS					GAP XPRESS		
07:30 - 07:45	XPRESS	ABDOMINALS	RADIKAL	ABDOMINALS				
08:15 - 08:30	XPRESS		DST					
08:15 - 08:35	XPRESS	RADIKAL		FREE FIT		RADIKAL		
08:45 - 09:05	XPRESS				RADIKAL			
09:00 - 09:15	XPRESS			ABDOMINALS		ABDOMINALS		
09:15 - 09:35	XPRESS		FREE FIT					
09:30 - 09:45	XPRESS						ABDOMINALS	ABDOMINALS
09:45 - 10:05	XPRESS					FREE FIT		
10:00 - 10:15	XPRESS				ABDOMINALS			
10:15 - 10:30	XPRESS		ABDOMINALS					
10:15 - 10:35	XPRESS						RADIKAL	RADIKAL
10:30 - 10:45	XPRESS			DST				
10:30 - 10:50	XPRESS	FREE FIT						
11:00 - 11:15	XPRESS				DST			
11:15 - 11:30	XPRESS							DST
12:00 - 12:15	XPRESS	DST		ABDOMINALS		ABDOMINALS		
12:00 - 12:20	XPRESS		RADIKAL		RADIKAL			RADIKAL
13:00 - 13:15	XPRESS						ABDOMINALS	
13:45 - 14:05	XPRESS	RADIKAL						
14:00 - 14:15	XPRESS		ABDOMINALS		ABDOMINALS			
14:00 - 14:20	XPRESS			RADIKAL		RADIKAL		
15:00 - 15:15	XPRESS	ABDOMINALS		ABDOMINALS		ABDOMINALS		
15:00 - 15:20	XPRESS		RADIKAL					
15:30 - 15:45	XPRESS	ABDOMINALS		STRETCH	ABDOMINALS			
16:15 - 16:30	XPRESS						ABDOMINALS	
17:15 - 17:35	XPRESS						RADIKAL	
17:30 - 17:45	XPRESS		ABDOMINALS		DST			
17:45 - 18:00	XPRESS	ABDOMINALS						
18:00 - 18:15	XPRESS			ABDOMINALS		ABDOMINALS		
18:15 - 18:30	XPRESS				ABDOMINALS		ABDOMINALS	
18:30 - 18:45	XPRESS	RADIKAL		GAP XPRESS				
18:30 - 18:50	XPRESS		RADIKAL					
19:00 - 19:20	XPRESS					FREE FIT		
19:15 - 19:30	XPRESS			ABDOMINALS				
19:15 - 19:35	XPRESS				FREE FIT			
19:30 - 19:45	XPRESS		GAP XPRESS					
19:45 - 20:00	XPRESS	ABDOMINALS						
20:00 - 20:15	XPRESS			DST		ABDOMINALS		

20:00 - 20:20	XPRESS				RADIKAL			
20:15 - 20:35	XPRESS	GAP XPRESS	FREE FIT					
21:00 - 21:15	XPRESS	STRETCH	ABDOMINALS	ABDOMINALS	ABDOMINALS			