

		dl	dt	dc	dj	dv	db	dg
07:00 - 07:15	XPRESS			ABDOMINALS		DUET SUSPENSIO TRAINING		
07:00 - 07:20	XPRESS	FREE FIT	GAC 20'		RADIKAL			
08:15 - 08:30	XPRESS	ABDOMINALS	DUET SUSPENSIO TRAINING		ABDOMINALS	STRETCHING		
08:15 - 08:35	XPRESS			RADIKAL				
09:30 - 09:45	XPRESS		STRETCHING	DUET SUSPENSIO TRAINING				DUET SUSPENSIO TRAINING
09:30 - 09:50	XPRESS	GAC 20'			FREE FIT	RADIKAL	RADIKAL	
10:15 - 10:30	XPRESS						ABDOMINALS	
10:15 - 10:35	XPRESS							FREE FIT
10:30 - 10:45	XPRESS				STRETCHING	ABDOMINALS		
10:30 - 10:50	XPRESS	RADIKAL	FREE FIT	GAC 20'				
11:15 - 11:30	XPRESS						DUET SUSPENSIO TRAINING	ABDOMINALS
12:15 - 12:30	XPRESS	DUET SUSPENSIO TRAINING		ABDOMINALS				
12:15 - 12:35	XPRESS		RADIKAL		FREE FIT	GAC 20'	GAC 20'	RADIKAL
14:00 - 14:15	XPRESS	ABDOMINALS			DUET SUSPENSIO TRAINING	ABDOMINALS		
14:00 - 14:20	XPRESS		FREE FIT	RADIKAL			FREE FIT	
15:00 - 15:15	XPRESS	STRETCHING	DUET SUSPENSIO TRAINING	ABDOMINALS				
15:00 - 15:20	XPRESS				GAC 20'	FREE FIT		
16:00 - 16:15	XPRESS		ABDOMINALS					
16:00 - 16:20	XPRESS	RADIKAL		FREE FIT	RADIKAL	GAC 20'		
16:15 - 16:35	XPRESS						RADIKAL	
17:15 - 17:30	XPRESS						ABDOMINALS	
18:00 - 18:15	XPRESS		ABDOMINALS		STRETCHING	DUET SUSPENSIO TRAINING		
18:00 - 18:20	XPRESS	RADIKAL		FREE FIT			FREE FIT	
19:00 - 19:15	XPRESS			STRETCHING	DUET SUSPENSIO TRAINING			
19:00 - 19:20	XPRESS	GAC 20'	RADIKAL			RADIKAL		
20:00 - 20:15	XPRESS	ABDOMINALS	DUET SUSPENSIO TRAINING			ABDOMINALS		
20:00 - 20:20	XPRESS			RADIKAL	FREE FIT			
21:00 - 21:15	XPRESS			ABDOMINALS				
21:00 - 21:20	XPRESS	RADIKAL	FREE FIT		GAC 20'			