

		l	m	x	j	v	s	d
08:15 - 08:30	XPRESS					STRETCHING		
09:30 - 09:45	XPRESS		STRETCHING					
10:30 - 10:45	XPRESS				STRETCHING			
15:00 - 15:15	XPRESS	STRETCHING						
18:00 - 18:15	XPRESS				STRETCHING			
19:00 - 19:15	XPRESS			STRETCHING				