

		l	m	x	j	v	s	d
07:00 - 07:15	XPRESS					DUET SUSPENSION TRAINING		
08:15 - 08:30	XPRESS		DUET SUSPENSION TRAINING					
09:30 - 09:45	XPRESS			DUET SUSPENSION TRAINING				DUET SUSPENSION TRAINING
11:15 - 11:30	XPRESS						DUET SUSPENSION TRAINING	
12:15 - 12:30	XPRESS	DUET SUSPENSION TRAINING						
14:00 - 14:15	XPRESS				DUET SUSPENSION TRAINING			
15:00 - 15:15	XPRESS		DUET SUSPENSION TRAINING					
18:00 - 18:15	XPRESS					DUET SUSPENSION TRAINING		
19:00 - 19:15	XPRESS				DUET SUSPENSION TRAINING			
20:00 - 20:15	XPRESS		DUET SUSPENSION TRAINING					