

		dl	dt	dc	dj	dv	db	dg
07:00 - 07:15	XPRESS	ABDOMINALS		ABDOMINALS		ABDOMINALS		
08:15 - 08:30	XPRESS				ABDOMINALS			
09:15 - 09:30	XPRESS	ABDOMINALS	ABDOMINALS					ABDOMINALS
10:30 - 10:45	XPRESS			ABDOMINALS			ABDOMINALS	
12:15 - 12:30	XPRESS	ABDOMINALS			ABDOMINALS			ABDOMINALS
14:15 - 14:30	XPRESS	ABDOMINALS		ABDOMINALS	ABDOMINALS			
15:00 - 15:15	XPRESS		ABDOMINALS					
15:30 - 15:45	XPRESS	ABDOMINALS						
16:15 - 16:30	XPRESS							ABDOMINALS
18:15 - 18:30	XPRESS		ABDOMINALS		ABDOMINALS			
19:00 - 19:15	XPRESS			ABDOMINALS				
19:45 - 20:00	XPRESS		ABDOMINALS			ABDOMINALS		
20:15 - 20:30	XPRESS	ABDOMINALS			ABDOMINALS			
21:15 - 21:30	XPRESS	ABDOMINALS		ABDOMINALS		ABDOMINALS		