

		l	m	x	j	v	s	d
08:15 - 08:30	XPRESS			FREE FIT				
10:30 - 13:45	XPRESS							FREE FIT
14:15 - 14:30	XPRESS		FREE FIT					
15:00 - 15:15	XPRESS					FREE FIT		
16:15 - 16:30	XPRESS						FREE FIT	
18:15 - 18:30	XPRESS	FREE FIT						
19:00 - 19:15	XPRESS		FREE FIT			FREE FIT		