

		l	m	x	j	v	s	d
07:00 - 07:15	XPRESS	ABDOMINALES	ABDOMINALES	ABDOMINALES	RADIKAL	ABDOMINALES		
08:15 - 08:30	XPRESS	RADIKAL	ABDOMINALES	FREE FIT	ABDOMINALES	GAP 20'		
10:30 - 10:45	XPRESS	GAP 20'	RADIKAL	ABDOMINALES	RADIKAL	ABDOMINALES	ABDOMINALES	
10:30 - 13:45	XPRESS							FREE FIT
14:15 - 14:30	XPRESS	ABDOMINALES	FREE FIT	ABDOMINALES	ABDOMINALES	RADIKAL		
15:00 - 15:15	XPRESS	ABDOMINALES	ABDOMINALES	RADIKAL	ABDOMINALES	FREE FIT		
16:15 - 16:30	XPRESS						FREE FIT	
18:15 - 18:30	XPRESS	FREE FIT	ABDOMINALES	GAP 20'	ABDOMINALES		ABDOMINALES	
19:00 - 19:15	XPRESS	ABDOMINALES	FREE FIT	ABDOMINALES	RADIKAL	FREE FIT		
20:15 - 20:30	XPRESS	ABDOMINALES	ABDOMINALES	RADIKAL	ABDOMINALES			
21:15 - 21:30	XPRESS	ABDOMINALES	RADIKAL	ABDOMINALES	ABDOMINALES			