

		l	m	x	j	v	s	d
07:15 - 07:30	Xpress	Free Fit	Radikal	Abdominales	DST	Radikal		
08:15 - 08:30	Xpress	GAP 20	Free Fit	GAP 20	Abdominales	DST		
09:15 - 09:30	Xpress	Abdominales	DST	Radikal	Radikal	Abdominales		
10:15 - 10:30	Xpress						GAP 20	Abdominales
10:30 - 10:45	Xpress	Radikal	Abdominales	DST	GAP 20	Free Fit		
11:15 - 11:30	Xpress						Free Fit	
11:30 - 11:45	Xpress	Free Fit	GAP 20	Free Fit	DST	Abdominales		
12:15 - 12:30	Xpress	Abdominales	Radikal	Abdominales	DST	Radikal	Abdominales	GAP 20
14:00 - 14:15	Xpress	DST	Free Fit	Radikal	Abdominales	GAP 20		
15:00 - 15:15	Xpress	Abdominales	DST	Free Fit	Radikal	Abdominales		
16:00 - 16:15	Xpress	Radikal	GAP 20	Abdominales	Free Fit	Radikal	Free Fit	
17:15 - 17:30	Xpress						Abdominales	
18:00 - 18:15	Xpress	Free Fit	Radikal	Abdominales	DST	Abdominales		
19:00 - 19:15	Xpress	GAP 20	Free Fit	Radikal	Abdominales	Radikal		
20:00 - 20:15	Xpress	Radikal	GAP 20	Abdominales	Radikal	Free Fit		
20:45 - 21:00	Xpress	Free Fit	Abdominales	DST	GAP 20			