

		dl	dt	dc	dj	dv	db	dg
07:00 - 07:15	<b>XPRESS</b>	ABDOMINALS			ABDOMINALS			
08:00 - 08:15	<b>XPRESS</b>	ABDOMINALS	ABDOMINALS					
09:00 - 09:15	<b>XPRESS</b>		ABDOMINALS		ABDOMINALS	ABDOMINALS		
10:45 - 11:00	<b>XPRESS</b>	ABDOMINALS		ABDOMINALS				
12:00 - 12:15	<b>XPRESS</b>				ABDOMINALS			
12:15 - 12:30	<b>XPRESS</b>						ABDOMINALS	ABDOMINALS
14:00 - 14:15	<b>XPRESS</b>		ABDOMINALS					
14:30 - 14:45	<b>XPRESS</b>	ABDOMINALS		ABDOMINALS	ABDOMINALS			
15:00 - 15:15	<b>XPRESS</b>				ABDOMINALS	ABDOMINALS		
16:15 - 16:30	<b>XPRESS</b>						ABDOMINALS	
18:00 - 18:15	<b>XPRESS</b>			ABDOMINALS		ABDOMINALS		
19:00 - 19:15	<b>XPRESS</b>	ABDOMINALS						
20:00 - 20:15	<b>XPRESS</b>		ABDOMINALS	ABDOMINALS	ABDOMINALS			
21:00 - 21:15	<b>XPRESS</b>		ABDOMINALS		ABDOMINALS			