

		<b>l</b>	<b>m</b>	<b>x</b>	<b>j</b>	<b>v</b>	<b>s</b>	<b>d</b>
<b>07:00 - 07:15</b>	<b>XPRESS</b>		DUET SUSPENSION TRAINING					
<b>09:15 - 09:30</b>	<b>XPRESS</b>						DUET SUSPENSION TRAINING	DUET SUSPENSION TRAINING
<b>10:45 - 11:00</b>	<b>XPRESS</b>					DUET SUSPENSION TRAINING		
<b>12:00 - 12:15</b>	<b>XPRESS</b>	DUET SUSPENSION TRAINING		DUET SUSPENSION TRAINING				
<b>14:00 - 14:15</b>	<b>XPRESS</b>					DUET SUSPENSION TRAINING		
<b>18:00 - 18:15</b>	<b>XPRESS</b>		DUET SUSPENSION TRAINING					
<b>20:00 - 20:15</b>	<b>XPRESS</b>					DUET SUSPENSION TRAINING		
<b>21:00 - 21:15</b>	<b>XPRESS</b>	DUET SUSPENSION TRAINING						