

		dl	dt	dc	dj	dv	db	dg
07:15 - 07:30	Xpress		ABDOMINALS		ABDOMINALS			
08:15 - 08:30	Xpress			ABDOMINALS		ABDOMINALS		
09:15 - 09:30	Xpress	ABDOMINALS						
10:30 - 10:45	Xpress		ABDOMINALS			ABDOMINALS		
12:00 - 12:15	Xpress	ABDOMINALS		ABDOMINALS				
12:15 - 12:30	Xpress						ABDOMINALS	ABDOMINALS
14:00 - 14:15	Xpress			ABDOMINALS		ABDOMINALS		
15:00 - 15:15	Xpress	ABDOMINALS			ABDOMINALS			
17:15 - 17:30	Xpress						ABDOMINALS	
18:00 - 18:15	Xpress			ABDOMINALS				
19:00 - 19:15	Xpress				ABDOMINALS	ABDOMINALS		
20:00 - 20:15	Xpress		ABDOMINALS					
20:45 - 21:00	Xpress	ABDOMINALS			ABDOMINALS			