

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07:00				BODY COMBAT  		
08:00				BODY COMBAT  		
09:00			BODY COMBAT  	07:15 - 08:00		
14:00			BODY COMBAT  			
15:00			BODY COMBAT  			
20:00	BODY COMBAT  		BODY COMBAT  			
21:00	BODY COMBAT  		BODY COMBAT  			
	20:15 - 21:05		20:15 - 21:05			