

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08:00	DS TRAINING ♡♡					
09:00		DS TRAINING ♡♡		DS TRAINING ♡♡	DS TRAINING ♡♡	
10:00			DS TRAINING ♡♡			
11:00		DS TRAINING ♡♡	DS 45 - TRAINING ♡♡	DS TRAINING ♡♡		
12:00		DS 30 - TRAINING ♡♡		DS 30 - TRAINING ♡♡		
13:00		DS 30 - TRAINING ♡♡			DS TRAINING ♡♡	
14:00		DS 45 - TRAINING ♡♡			DS 45 - TRAINING ♡♡	
18:00	DS TRAINING ♡♡	DS 45 - TRAINING ♡♡	DS TRAINING ♡♡	DS TRAINING ♡♡	DS 45 - TRAINING ♡♡	
20:00	DS 15 - TRAINING ♡♡		DS 15 - TRAINING ♡♡			
21:00				DS TRAINING ♡♡ 21:15 - 21:45		