|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Week**  | **Monday**  | **Tuesday**  | **Wednesday**  | **Thursday**  | **Friday**  | **Saturday**  | **Sunday**  |
| 8am-9am  |  |  |  |  |  |  |  |
| 9am - 10am |  |  |  |  |  |  |  |
| 10am - 11am |  |  |  |  |  |  |  |
| 11am - 12pm |  |  |  |  |  |  |  |
| 12pm - 1pm |  |  |  |  |  |  |  |
| 1pm - 2pm |  |  |  |  |  |  |  |
| 2pm - 3pm |  |  |  |  |  |  |  |
| 3pm - 4pm |  |  |  |  |  |  |  |
| 4pm - 5pm |  |  |  |  |  |  |  |
| 5pm - 6pm |  |  |  |  |  |  |  |
| 6pm - 7pm |  |  |  |  |  |  |  |
| 7pm - 8pm |  |  |  |  |  |  |  |
| 8pm - 9pm |  |  |  |  |  |  |  |