

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:30a							
6:30-7:00a							
7:00-7:30a							
7:30-8:00a							
8:00-8:30a							
8:30-9:00a							
9:00-9:30a							
9:30-10:00a							
10:00-10:30a							
10:30-11:00a							
11:00-11:30a							
11:30-12:00p							
12:00-12:30p							
12:30-1:00p							
1:00-1:30p							
1:30-2:00p							
2:00-2:30p							
2:30-3:00p							
3:00-3:30p							
3:30-4:00p							
4:00-4:30p							
4:30-5:00p							
5:00-5:30p							
5:30-6:00p							
6:00-6:30p							
6:30-7:00p							
7:00-7:30p							
7:30-8:00p							
8:00-8:30p							
8:30-9:00p							
9:00-9:30p							