



"he who gains **TIME** gains everything."

Benjamin Disraeli



	sunday	monday	tuesday	wednesday	thursday	friday	saturday
5:00 AM							
5:30 AM							
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM							

