

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