

















MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
5:30am	45min			5:30am	45min	5:45am	45min						
													
9:30am	30min	9:30am	30min	9:30am	30min	9:30am	30min	9:30am	30min	8:00am	30min		
													
5:00pm	30min	5:00pm	30min	5:00pm	45min	5:00pm	30min						
													
5:30pm	30min	5:30pm	45min			5:45pm	45min						
													
6:15pm	30min	6:15pm	45min	6:00pm	60min			6:00pm	60min				
