

	Monday	Tuesday	Wednesday
6 00			
AM 30			
7 00			
30			
8 00			
30			
9 00			
30			
10 00			
30			
11 00			
30			
12 00			
PM 30			
1 00			
30			
2 00			
30			
3 00			
30			
4 00			
30			
5 00			
30			
Evening			