

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