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