|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| 07.00 – 08.00 |  |  |  |  |  |  |  |
| 08.00 – 09.00 |  |  |  |  |  |  |  |
| 09.00 – 10.00 |  |  |  |  |  |  |  |
| 10.00 – 11.00 |  |  |  |  |  |  |  |
| 11.00 – 12.00 |  |  |  |  |  |  |  |
| 12.00 – 13.00 |  |  |  |  |  |  |  |
| 13.00 – 14.00 |  |  |  |  |  |  |  |
| 14.00 – 15.00 |  |  |  |  |  |  |  |
| 15.00 – 16.00 |  |  |  |  |  |  |  |
| 16.00 – 17.00 |  |  |  |  |  |  |  |
| 17.00 – 18.00 |  |  |  |  |  |  |  |
| 18.00 – 19.00 |  |  |  |  |  |  |  |
| 19.00 – 20.00 |  |  |  |  |  |  |  |
| 20.00 – 21.00 |  |  |  |  |  |  |  |
| 21.00 – 22.00 |  |  |  |  |  |  |  |
| 22.00 – 23.00 |  |  |  |  |  |  |  |
| 23.00 – 00.00 |  |  |  |  |  |  |  |

 **Week**