

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
08:00hrs							
9:00hrs							
10:00hrs							
11:00hrs							
12:00hrs							
13:00hrs							
14:00hrs							
15:00hrs							
16:00hrs							
17:00hrs							
18:00hrs							
19:00hrs							
20:00hrs							