

|          | 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 |     |      |      |       |     |     |     |