

maybe something like:

	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
week 1	12:15	5:15	4:15	8:15	3:15	8:15	off	off	3:15	8:15	off	off	off	off	0
week 2	off	off	off	off	4:15	8:15	off	off	4:00	8:15	1:15	6:15	8:15	2:15	6.00
week 3	12:15	5:15	4:15	8:15	3:15	8:15	off	off	3:15	8:15	off	off	off	off	0
week 4	off	off	off	off	4:15	8:15	off	off	4:00	8:15	1:15	6:15	11:15	5:15	6.00

or something like:

	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
week 1	12:15	5:15	off	off	4:15	8:15	3:15	8:15	3:15	8:15	off	off	off	off	0
week 2	off	off	off	off	4:15	8:15	off	off	4:00	8:15	1:15	6:15	8:15	2:15	6.00
week 3	12:15	5:15	off	off	4:15	8:15	3:15	8:15	3:15	8:15	off	off	off	off	0
week 4	off	off	off	off	4:15	8:15	off	off	4:00	8:15	1:15	6:15	11:15	5:15	6.00

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week 2	off	off	off	off	4:15	8:15	off	off	4:00	8:15	1:15	6:15	8:15	2:15	6.00
week 3	12:15	5:15	off	off	4:15	8:15	off	off	3:15	8:15	1:15	6:15	off	off	0
week 4	off	off	off	off	4:15	8:15	off	off	4:00	8:15	1:15	6:15	11:15	5:15	6.00