

Sample Schedule	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
week1	12:15 5:15	11:15 8:15	11:15 8:15 11:15 8:15	11:15 8:15	8:00 11:00 3	9:15 6:15	off off 40
week 2	off off	11:15 8:15	11:15 8:15 11:15 8:15	11:15 8:15	11:15 8:15 8	off off	8:15 5:15 40