

Weekly Schedule

Month:

Week of:

	S	M	T	W	TH	F	S
5 a.m.							
5:30 a.m.							
6 a.m.							
6:30 a.m.							
7 a.m.							
7:30 a.m.							
8 a.m.							
8:30 a.m.							
9 a.m.							
9:30 a.m.							
10 a.m.							
10:30 a.m.							
11 a.m.							
11:30 a.m.							
12 p.m.							
12:30 p.m.							
1 p.m.							
1:30 p.m.							
2 p.m.							
2:30 p.m.							
3 p.m.							
3:30 p.m.							
4 p.m.							
4:30 p.m.							
5 p.m.							
5:30 p.m.							
6 p.m.							
6:30 p.m.							
7 p.m.							
7:30 p.m.							
8 p.m.							
8:30 p.m.							
9 p.m.							
9:30 p.m.							
10 p.m.							
10:30 p.m.							

Notes