

	Monday	Tuesday	Wednesday	Thursday	Friday
3pm - 4pm					
4pm - 5pm					
5pm - 6pm					
6pm - 7pm					
7pm - 8pm					
8pm - 9pm					
9pm - 10pm					
10pm - 11pm					

	Saturday	Sunday
8am - 9am		
9am - 10am		
10am - 11am		
11am - 12pm		
12pm - 1pm		
1pm - 2pm		
2pm - 3pm		
3pm - 4pm		
4pm - 5pm		
5pm - 6pm		
6pm - 7pm		
7pm - 8pm		
8pm - 9pm		
9pm - 10pm		
10pm - 11pm		