|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **week 1** | 9 hours | 9 hours | 9 hours | 9 hours | 9 hours |
| 9 hours | 9 hours | 9 hours | 9 hours | 8 hours |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **week 2** | 9 hours | 9 hours | 9 hours | 9 hours | 9 hours |
| 9 hours | 9 hours | 9 hours | 9 hours | 8 hours |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **week 3** | 9 hours | 9 hours | 9 hours | 9 hours | 9 hours |
| 9 hours | 9 hours | 9 hours | 9 hours | 8 hours |