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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **WEEK** |  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
|  |  | | | | | | |
| **week 1** | **9 hours** | **9 hours** | **9 hours** | **9 hours** | **9 hours** | **off** | **off** |
| **9 hours** | **9 hours** | **9 hours** | **9 hours** | **off** | **off** | **off** |

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| **WEEK** |  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
|  |  | | | | | | |
| **week 1** | **9 hours** | **9 hours** | **9 hours** | **9 hours** | **9 hours** | **off** | **off** |
| **9 hours** | **9 hours** | **9 hours** | **9 hours** | **off** | **off** | **off** |

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| **WEEK** |  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
|  |  | | | | | | |
| **week 1** | **9 hours** | **9 hours** | **9 hours** | **9 hours** | **9 hours** | **off** | **off** |
| **9 hours** | **9 hours** | **9 hours** | **9 hours** | **off** | **off** | **off** |