|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **9/80** |  | **week 1** |  | **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| **off** | **8** | **8** | **8** | **8** | **8** | **off** |
| **off** | **9** | **9** | **9** | **9** | **9** | **off** |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **9/80** |  | **week 2** |  | **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| **off** | **8** | **8** | **8** | **8** | **8** | **off** |
| **off** | **9** | **9** | **9** | **9** | **9** | **off** |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **9/80** |  | **week 3** |  | **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| **off** | **8** | **8** | **8** | **8** | **8** | **off** |
| **off** | **9** | **9** | **9** | **9** | **9** | **off** |