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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  | | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **week** | | | **9** | | **9** | **9** | **9** | **9** | **off** | **off** |
|  |  |  | | **6** | **6** | **6** | **6** | **6** |

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|  |  |  | | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **week** | | | **9** | | **9** | **9** | **9** | **9** | **off** | **off** |
|  |  |  | | **6** | **6** | **6** | **6** | **6** |

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|  |  |  | | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **week** | | | **9** | | **9** | **9** | **9** | **9** | **off** | **off** |
|  |  |  | | **6** | **6** | **6** | **6** | **6** |