|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **WEEK** |  | **Mon** |  | **Tue** |  | **Wed** |  | **Thurs** |  | **Fri** |  | **Sat** |
|  |  |  |  |  |  |  |  |  |  |  |
| **week 1** |  | **7:00** |  | **7:00** |  | **7:00** |  | **7:00** |  | **7:00** |  | **7:00** |
|  |  |  |  |  |  |
|  | **4:00** | **4:00** | **4:00** | **4:00** | **4:00** | **4:00** |
|  |  |  |  |  |  |  |  |
| **week 2** |  | **7:00** | **7:00** | **7:00** | **7:00** | **7:00** | **off** |
|  |  |  |  |  |  |
|  | **4:00** | **4:00** | **4:00** | **4:00** | **4:00** |