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