

# Sunday

Time	Activity	Time	Activity
6:00 AM		3:00 PM	
6:30 AM		3:30 PM	
7:00 AM		4:00 PM	
7:30 AM		4:30 PM	
8:00 AM		5:00 PM	
8:30 AM		5:30 PM	
9:00 AM		6:00 PM	
9:30 AM		6:30 PM	
10:00 AM		7:00 PM	
10:30 AM		7:30 PM	
11:00 AM		8:00 PM	
11:30 AM		8:30 PM	
NOON		9:00 PM	
12:30 PM		9:30 PM	
1:00 PM		10:00 PM	
1:30 PM		10:30 PM	
2:00 PM		11:00 PM	
2:30 PM		11:30 PM	

# Monday

Time	Activity	Time	Activity
6:00 AM		3:00 PM	
6:30 AM		3:30 PM	
7:00 AM		4:00 PM	
7:30 AM		4:30 PM	
8:00 AM		5:00 PM	
8:30 AM		5:30 PM	
9:00 AM		6:00 PM	
9:30 AM		6:30 PM	
10:00 AM		7:00 PM	
10:30 AM		7:30 PM	
11:00 AM		8:00 PM	
11:30 AM		8:30 PM	
NOON		9:00 PM	
12:30 PM		9:30 PM	
1:00 PM		10:00 PM	
1:30 PM		10:30 PM	
2:00 PM		11:00 PM	
2:30 PM		11:30 PM	

# Tuesday

Time	Activity	Time	Activity
6:00 AM		3:00 PM	
6:30 AM		3:30 PM	
7:00 AM		4:00 PM	
7:30 AM		4:30 PM	
8:00 AM		5:00 PM	
8:30 AM		5:30 PM	
9:00 AM		6:00 PM	
9:30 AM		6:30 PM	
10:00 AM		7:00 PM	
10:30 AM		7:30 PM	
11:00 AM		8:00 PM	
11:30 AM		8:30 PM	
NOON		9:00 PM	
12:30 PM		9:30 PM	
1:00 PM		10:00 PM	
1:30 PM		10:30 PM	
2:00 PM		11:00 PM	
2:30 PM		11:30 PM	

# Wednesday

Time	Activity	Time	Activity
6:00 AM		3:00 PM	
6:30 AM		3:30 PM	
7:00 AM		4:00 PM	
7:30 AM		4:30 PM	
8:00 AM		5:00 PM	
8:30 AM		5:30 PM	
9:00 AM		6:00 PM	
9:30 AM		6:30 PM	
10:00 AM		7:00 PM	
10:30 AM		7:30 PM	
11:00 AM		8:00 PM	
11:30 AM		8:30 PM	
NOON		9:00 PM	
12:30 PM		9:30 PM	
1:00 PM		10:00 PM	
1:30 PM		10:30 PM	
2:00 PM		11:00 PM	
2:30 PM		11:30 PM	

# Thursday

Time	Activity	Time	Activity
6:00 AM		3:00 PM	
6:30 AM		3:30 PM	
7:00 AM		4:00 PM	
7:30 AM		4:30 PM	
8:00 AM		5:00 PM	
8:30 AM		5:30 PM	
9:00 AM		6:00 PM	
9:30 AM		6:30 PM	
10:00 AM		7:00 PM	
10:30 AM		7:30 PM	
11:00 AM		8:00 PM	
11:30 AM		8:30 PM	
NOON		9:00 PM	
12:30 PM		9:30 PM	
1:00 PM		10:00 PM	
1:30 PM		10:30 PM	
2:00 PM		11:00 PM	
2:30 PM		11:30 PM	

# Friday

Time	Activity	Time	Activity
6:00 AM		3:00 PM	
6:30 AM		3:30 PM	
7:00 AM		4:00 PM	
7:30 AM		4:30 PM	
8:00 AM		5:00 PM	
8:30 AM		5:30 PM	
9:00 AM		6:00 PM	
9:30 AM		6:30 PM	
10:00 AM		7:00 PM	
10:30 AM		7:30 PM	
11:00 AM		8:00 PM	
11:30 AM		8:30 PM	
NOON		9:00 PM	
12:30 PM		9:30 PM	
1:00 PM		10:00 PM	
1:30 PM		10:30 PM	
2:00 PM		11:00 PM	
2:30 PM		11:30 PM	

# Saturday

Time	Activity	Time	Activity
6:00 AM		3:00 PM	
6:30 AM		3:30 PM	
7:00 AM		4:00 PM	
7:30 AM		4:30 PM	
8:00 AM		5:00 PM	
8:30 AM		5:30 PM	
9:00 AM		6:00 PM	
9:30 AM		6:30 PM	
10:00 AM		7:00 PM	
10:30 AM		7:30 PM	
11:00 AM		8:00 PM	
11:30 AM		8:30 PM	
NOON		9:00 PM	
12:30 PM		9:30 PM	
1:00 PM		10:00 PM	
1:30 PM		10:30 PM	
2:00 PM		11:00 PM	
2:30 PM		11:30 PM	