

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7-9 am							
9-11 am							
11 am-1 pm							
1-3 pm							
3-5 pm							
5-7 pm							

7-9 pm							
9-11 pm							
11 pm-1 am							
1 am-3 am							
3 am-7 am							