

IDEAL WEEK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	6	6	6	6	6	6
6:30	6:30	6:30	6:30	6:30	6:30	6:30
7	7	7	7	7	7	7
7:30	7:30	7:30	7:30	7:30	7:30	7:30
8	8	8	8	8	8	8
8:30	8:30	8:30	8:30	8:30	8:30	8:30
9	9	9	9	9	9	9
9:30	9:30	9:30	9:30	9:30	9:30	9:30
10	10	10	10	10	10	10
10:30	10:30	10:30	10:30	10:30	10:30	10:30
11	11	11	11	11	11	11
11:30	11:30	11:30	11:30	11:30	11:30	11:30
12	12	12	12	12	12	12
12:30	12:30	12:30	12:30	12:30	12:30	12:30
1	1	1	1	1	1	1
1:30	1:30	1:30	1:30	1:30	1:30	1:30
2	2	2	2	2	2	2
2:30	2:30	2:30	2:30	2:30	2:30	2:30
3	3	3	3	3	3	3
3:30	3:30	3:30	3:30	3:30	3:30	3:30
4	4	4	4	4	4	4
4:30	4:30	4:30	4:30	4:30	4:30	4:30
5	5	5	5	5	5	5
5:30	5:30	5:30	5:30	5:30	5:30	5:30
6	6	6	6	6	6	6
6:30	6:30	6:30	6:30	6:30	6:30	6:30
7	7	7	7	7	7	7
7:30	7:30	7:30	7:30	7:30	7:30	7:30
8	8	8	8	8	8	8
8:30	8:30	8:30	8:30	8:30	8:30	8:30
9	9	9	9	9	9	9
9:30	9:30	9:30	9:30	9:30	9:30	9:30
10	10	10	10	10	10	10