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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Time** | **Sun** | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Notes/****Tips** |
|  **7:00 am** |   |   |   |   |   |   |   |   |
| 7:30 am |   |   |   |   |   |   |   |   |
|  **8:00 am** |   |   |   |   |   |   |   |   |
| 8:30 am |   |   |   |   |   |   |   |   |
|  **9:00 am** |   |   |   |   |   |   |   |   |
| 9:30 am |   |   |   |   |   |   |   |   |
| **10:00 am** |   |   |   |   |   |   |   |   |
| 10:30 am |   |   |   |   |   |   |   |   |
| **11:00 am** |   |   |   |   |   |   |   |   |
| 11:30 am |   |   |   |   |   |   |   |   |
| **12:00 pm** |   |   |   |   |   |   |   |   |
| 12:30 pm |  |  |  |  |  |  |  |  |
|  **1:00 pm** |   |   |   |   |   |   |   |   |
| 1:30 pm |   |   |   |   |   |   |   |   |
|  **2:00 pm** |   |   |   |   |   |   |   |   |
| 2:30 pm |   |   |   |   |   |   |   |   |
|  **3:00 pm** |   |   |   |   |   |   |   |   |
| 3:30 pm |   |   |   |   |   |   |   |   |
|  **4:00 pm** |   |   |   |   |   |   |   |   |
|  4:30 pm |   |   |   |   |   |   |   |   |
|  **5:00 pm** |   |   |   |   |   |   |   |   |
| 5:30 pm |   |   |   |   |   |   |   |   |
|  **6:00 pm** |   |   |   |   |   |   |   |   |
| 6:30 pm |   |   |   |   |   |   |   |   |
|  **7:00 pm** |   |   |   |   |   |   |   |   |
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|  **8:00 pm** |   |   |   |   |   |   |   |   |
| 8:30 pm |   |   |   |   |   |   |   |   |
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