

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7 am							
7:30 am							
8 am							
8:30 am							
9 am							
9:30 am							
10 am							
10:30 am							
11 am							
11:30 am							
12 noon							
12:30 pm							
1 pm							
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2 pm							
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3 pm							
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4 pm							
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5 pm							
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6 pm							
6:30 pm							
7 pm							

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 pm							
8 pm							
8:30 pm							
9 pm							
9:30 pm							
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11 pm							
11:30 pm							