

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							
1:30 pm							
2 pm							
2:30 pm							
3 pm							
3:30 pm							
4 pm							
4:30 pm							
5 pm							
5:30 pm							
6 pm							
6:30 pm							
7 pm							