

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8	8	8	8	8	8	8
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
9	9	9	9	9	9	9
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
10	10	10	10	10	10	10
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
11	11	11	11	11	11	11
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
12	12	12	12	12	12	12
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
13	13	13	13	13	13	13
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
14	14	14	14	14	14	14
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:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
15	15	15	15	15	15	15
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:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16	16	16	16	16	16	16
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
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:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
18	18	18	18	18	18	18
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
19	19	19	19	19	19	19
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45
20	20	20	20	20	20	20
:15	:15	:15	:15	:15	:15	:15
:30	:30	:30	:30	:30	:30	:30
:45	:45	:45	:45	:45	:45	:45