

daily schedule

6:30		6:00	
7:00		6:30	
7:30		7:00	
8:00		7:30	
8:30		8:00	
9:00		8:30	
9:30		9:00	
10:00		9:30	
10:30		10:00	
11:00		10:30	
11:30		Notes:	
NOON			
12:30			
1:00			
1:30			
2:00			
2:30			
3:00			
3:30			
4:00			
4:30			
5:00			
5:30			