|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Week 1 | 1000-1500 | 1000-1500 | 1000-1500 | RD | RD | RD | RD |
| Week 2 | RD | RD | RD | 1000-1500 | 1000-1500 | 1000-1500 | RD |