

Ideal Weekly Schedule

Monday

5-7am
7-9am
9-11am
11am-1pm
1-3pm
3-5pm
5-7pm
7-9pm

Tuesday

5-7am
7-9am
9-11am
11am-1pm
1-3pm
3-5pm
5-7pm
7-9pm

Wednesday

5-7am
7-9am
9-11am
11am-1pm
1-3pm
3-5pm
5-7pm
7-9pm

Thursday

5-7am
7-9am
9-11am
11am-1pm
1-3pm
3-5pm
5-7pm
7-9pm

Friday

5-7am
7-9am
9-11am
11am-1pm
1-3pm
3-5pm
5-7pm
7-9pm

Saturday/Sunday

5-7am
7-9am
9-11am
11am-1pm
1-3pm
3-5pm
5-7pm
7-9pm