

MON, Tues, Wed, THURS

1st ----- 8:03 - 9:02

2nd ----- 9:05 - 10:00

Nutri- 10:00 - 10:10

3rd ----- 10:13 - 11:05

4th ----- 11:08 - 12:00

Lunch 12:00 - 12:30

5th ----- 12:33 - 1:28

6th ----- 1:31 - 2:23

7th ----- 2:26 - 3:20

FRIDAY

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|-----------------------|--------------|--------------|----------|--------------|
| 1st | ----- | 8:03 | - | 8:46 |
| 2nd | ----- | 8:49 | - | 9:32 |
| Nutri- | --- | 9:32 | - | 9:42 |
| 3rd | ----- | 9:45 | - | 10:28 |
| Target | -- | 10:31 | - | 10:51 |
| 4th | ----- | 10:54 | - | 11:37 |
| Lunch | -- | 11:37 | - | 12:07 |
| 5th | ----- | 12:10 | - | 12:53 |
| 6th | ----- | 12:56 | - | 1:39 |
| 7th | ----- | 1:42 | - | 2:25 |