

A17	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
0						0
8						8
15						15
30						30
45						45
0						0
9						9
15						15
30						30
45						45
0						0
10						10
15						15
30						30
45						45
0						0
11						11
15						15
30						30
45						45
0						0
12						12
15						15
30						30
45						45
0						0
13						13
15						15
30						30
45						45
0						0
14						14
15						15
30						30
45						45
0						0
15						15
30						30
45						45
0						0
16						16
15						15
30						30
45						45
0						0
17						17
15						15
30						30
45						45
0						0
18						18
15						15
30						30
45						45
0						0
19						19
15						15
30						30
45						45
0						0
20						20
15						15
30						30
45						45
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	