

Routine

7:00 am to 8:00 am	
8:00 am to 9:00 am	
9:00 am to 10:00 am	
10:00 am to 11:00 am	
11:00 am to 12:00 pm	
12:00 pm to 01:00 pm	
01:00 pm to 02:00 pm	
02:00 pm to 03:00 pm	
03:00 pm to 04:00 pm	
04:00 pm to 05:00 pm	
05:00 pm to 06:00 pm	
06:00 pm to 07:00 pm	
07:00 pm to 08:00 pm	
08:00 pm to 09:00 pm	
09:00 pm to 10:00 pm	