

	MONDAY		TUESDAY	WEDNESDAY		THURSDAY	FRIDAY
7 AM	100	150	150 Min	100	150	150 Min	100 Min
8 AM							
9 AM	100			100			100 Min
10 AM		150	150 Min		150	150 Min	
11 AM	100			100			100 Min
12 PM							
1 PM	100	150	150 Min	100	150	150 Min	100 Min
2 PM							
3 PM	100			100			100 Min
4 PM		150	150 Min		150	150 Min	
5 PM	100			100			100 Min
6 PM							
7 PM							

Legend

TR

MW

MWF

 300 Mins/Week