

	MON	TUE	WED	THU	FRI	SAT	SUN
06:00 AM	TRAINING	TRAINING	TRAINING	TRAINING	TRAINING		
08:30 AM						TRAINING	TRAINING
09:00 AM	TRAINING	TRAINING	TRAINING	TRAINING	TRAINING		
10:00 AM						TRAINING	TRAINING
10:30 AM	TRAINING		TRAINING				
05:30 PM	TRAINING	TRAINING	TRAINING	TRAINING	TRAINING		
06:45 PM	TRAINING	TRAINING	TRAINING	TRAINING			