

### 30 MINUTE 6 DAY SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	MON	TUE	WED	THU	FRI	SAT	MON	TUE	WED	THU	FRI	SAT
7:00							7:00						7:00					
7:30							7:30						7:30					
8:00							8:00						8:00					
8:30							8:30						8:30					
9:00							9:00						9:00					
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10:00							10:00						10:00					
10:30							10:30						10:30					
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12:00							12:00						12:00					
12:30							12:30						12:30					
1:00							1:00						1:00					
2:00							2:00						2:00					
2:30							2:30						2:30					
3:00							3:00						3:00					
3:30							3:30						3:30					
4:00							4:00						4:00					
4:30							4:30						4:30					
5:00							5:00						5:00					

	MON	TUE	WED	THU	FRI	SAT	MON	TUE	WED	THU	FRI	SAT	MON	TUE	WED	THU	FRI	SAT
7:00							7:00						7:00					
7:30							7:30						7:30					
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4:30							4:30						4:30					
5:00							5:00						5:00					

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