

**Weekly Rota**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>7:00 AM</b>							
<b>8:00 AM</b>							
<b>9:00 AM</b>							
<b>10:00 AM</b>							
<b>11:00 AM</b>							
<b>12:00 PM</b>							
<b>1:00 PM</b>							
<b>2:00 PM</b>							
<b>3:00 PM</b>							
<b>4:00 PM</b>							
<b>5:00 PM</b>							
<b>6:00 PM</b>							
<b>7:00 PM</b>							
<b>8:00 PM</b>							
<b>9:00 PM</b>							
<b>10:00 PM</b>							