

WEEKLY TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
04:00							
05:00							
06:00							
07:00							
08:00							
09:00							
10:00							
11:00							
12:00							
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16:00							
17:00							
18:00							
19:00							
20:00							
21:00							
22:00							

Nothing beats the joy of being organised and looking forward to your scheduled chill out time.