

Weekdays

	4 pm – 4.45 pm	5 pm – 5.45 pm	6 pm – 6.45 pm	7 pm – 7.45 pm	8 pm – 8.45 pm	9 pm - 9.45 pm
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						

Weekends

	10am – 10.45 am	11am – 11.45 am	12 pm – 12.45 pm	1 pm – 1.45 pm	2 pm – 2.45 pm	3pm – 3.45 pm	4pm – 4.45 pm	5 pm – 5.45 pm	6 pm – 6.45 pm
Saturday									
Sunday									