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| --- | --- | --- | --- | --- |
| **TIME** | Monday | Tuesday | Wednesday | Thursday |
| **04.00** |  |  |  |  |
| **04.15** |  |  |  |  |
| **04.30** |  |  |  |  |
| **04.45** |  |  |  |  |
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| **05.15** |  |  |  |  |
| **05.30** |  |  |  |  |
| **05.45** |  |  |  |  |
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| **08.45** |  |  |  |  |
| **09.00** |  |  |  |  |
| **TIME** | Friday | Saturday | Sunday | *Notes* |
| **04.00** |  |  |  |  |
| **04.15** |  |  |  |  |
| **04.30** |  |  |  |  |
| **04.45** |  |  |  |  |
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