

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7 a.m. – 8 a.m.							
8 a.m. – 9 a.m.							
9 a.m. – 10 a.m.							
10 a.m. – 11 a.m.							
11 a.m. – 12 noon							
12 noon – 1 p.m.							
1 p.m. – 2 p.m.							
2 p.m. – 3 p.m.							
3 p.m. – 4 p.m.							
4 p.m. – 5 p.m.							
5 p.m. – 6 p.m.							
6 p.m. – 7 p.m.							
7 p.m. – 8 p.m.							
8 p.m. – 9 p.m.							
9 p.m. – 10 p.m.							
10 p.m. – 11 p.m.							
11 p.m. – 12 midnight							
12 midnight – 1 a.m.							