| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | E |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 7-8am |  |  |  |  |  |  |  |  |
| 8-9am |  |  |  |  |  |  |  |  |
| 9-10am |  |  |  |  |  |  |  |  |
| 10-11am |  |  |  |  |  |  |  |  |
| 11am-12pm |  |  |  |  |  |  |  |  |
| 12-1pm |  |  |  |  |  |  |  |  |
| 1-2pm |  |  |  |  |  |  |  |  |
| 2-3pm |  |  |  |  |  |  |  |  |
| 3-4pm |  |  |  |  |  |  |  |  |
| 4-5pm |  |  |  |  |  |  |  |  |
| 5-6pm |  |  |  |  |  |  |  |  |
| 6-7pm |  |  |  |  |  |  |  |  |
| 7-8pm |  |  |  |  |  |  |  | 年 |
| 8pm-12am |  |  |  |  |  |  |  |  |

