

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12am-4am							
4am-8am							
8am-12pm							
12pm-4pm							
4pm-8pm							
8pm-12pm							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12am-4am							
4am-8am							
8am-12pm							
12pm-4pm							
4pm-8pm							
8pm-12pm							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12am-4am							
4am-8am							
8pm-12pm							
12pm-4pm							
4pm-8pm							
8pm-12pm							