

WEEKLY COMMITMENT

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 – 8 am							
8 – 9 am							
9 – 10 am							
10 – 11 am							
11 – 12							
12 – 1 pm							
1 – 2 pm							
2 – 3 pm							
3 – 4 pm							
4 – 5 pm							
5 – 6 pm							

6 – 7 pm							
7 – 8 pm							
8 – 9 pm							
9 – 10 pm							