Timetable for outside commitments and chores etc.

	4.00-4.30pm	4.30-5pm	5.00-5.30pm	5.30-6pm	6.00-6.30pm	6.30-7pm	7.00-7.30pm	7.30-8pm	8.00-8.30pm
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
	9-10am	10-11am	11-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm
Saturday									
Sunday									