**Weekly Timetable**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **6:00 am** | **SLEEP** | **Early AM** | **SLEEP** | **SLEEP** | **SLEEP** | **SLEEP** | **SLEEP** |
| **:30** |  | **TRAVEL** |  |  |  |  |  |
| **7:00 am** |  |  |  |  |  |  |  |
| **:30** | **TRAVEL** | **SPORT TRAINING** | **TRAVEL** | **TRAVEL** | **TRAVEL** |  |  |
| **8:00 am** |  |  |  |  |  |  |  |
| **:30** |  |  |  |  |  |  |  |
| **9:00 am** |  |  |  |  |  |  |  |
| **:30** |  |  |  |  |  |  |  |
| **10:00 am** |  |  |  |  |  | **SPORT GAME** |  |
| **:30** |  |  |  |  |  |  |  |
| **11:00 am** | **SCHOOL** | **SCHOOL** | **SCHOOL** | **SCHOOL** | **SCHOOL** |  |  |
| **:30** |  |  |  |  |  |  |  |
| **12:00 pm** |  |  |  |  |  |  |  |
| **:30** |  |  |  |  |  |  |  |
| **1:00 pm** |  |  |  |  |  |  |  |
| **:30** |  |  |  |  |  |  |  |
| **2:00 pm** |  |  |  |  |  |  |  |
| **:30** |  |  |  |  |  |  |  |
| **3:00 pm** |  |  |  |  |  |  |  |
| **:30** |  |  |  |  |  |  |  |
| **4:00 pm** | **TRAVEL** | **TRAVEL** | **TRAVEL** |  | **TRAVEL** |  |  |
| **:30** |  |  |  | **SPORT TRAINNG** |  |  |  |
| **5:00 pm** |  |  |  |  |  |  |  |
| **:30** |  |  |  | **TRAVEL** |  |  |  |
| **6:00 pm** |  |  |  |  |  |  |  |
| **:30** | **DINNER** | **DINNER** | **DINNER** | **DINNER** | **YOUTH** | **SOCIALISING** | **DINNER** |
| **7:00 pm** |  |  |  |  |  |  |  |
| **:30** |  |  |  |  |  |  |  |
| **8:00 pm** |  |  |  |  |  |  |  |
| **:30** |  |  |  |  |  |  |  |
| **9:00 pm** |  |  |  |  |  |  |  |
| **:30** | **Chilling/ Ready for Bed** | **Chilling/ Ready for Bed** | **Chilling/ Ready for Bed** | **Chilling/ Ready for Bed** | **Chilling/ Ready for Bed** |  | **Chilling/ Ready for Bed** |
| **10:00 pm** | **SLEEP** | **SLEEP** | **SLEEP** | **SLEEP** | **SLEEP** |  | **SLEEP** |