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| **Monday** | Morning 6:00  Awake | Reach hub before 9:00 am | Workout for about 10 hours in hub. | Work out for 2 hours in hostel, then sleep. |
| **Tuesday** | Morning 6:00  Awake | Reach hub before 9:00 am | Workout for about 10 hours in hub. | Work out for 2 hours in hostel, then sleep. |
| **Wednesday** | Morning 6:00  Awake | Reach hub before 9:00 am | Workout for about 10 hours in hub. | Work out for 2 hours in hostel, then sleep. |
| **Thursday** | Morning 6:00  Awake | Reach hub before 9:00 am | Workout for about 10 hours in hub. | Work out for 2 hours in hostel, then sleep. |
| **Friday** | Morning 6:00  Awake | Reach hub before 9:00 am | Workout for about 10 hours in hub. | Work out for 2 hours in hostel, then sleep. |
| **Saturday** | Morning 6:00  Awake | Reach hub before 9:00 am | Workout for about 10 hours in hub. | Work out for 2 hours in hostel, then sleep. |
| **Sunday** | Morning 7.00  Awake | Reach hub before 10:00 | Work out for about 8 hour in hub. | Work out for 2 hours in hostel, then sleep. |