

# TIME TABLE THAT I WILL FOLLOW FOR THIS YEAR

TIME→ DAY ↓	6 TO 8	8 TO 9	9 TO 4	4 TO 6	6 TO 8:30	8:30 TO 9	9 TO 1	1 TO 6
MONDAY	WORKOUT	BREAKFAST	COLLEGE	B.T.H & RT	STUDY	DINNER	WORK	SLEEP
TUESDAY	WORKOUT	BREAKFAST	COLLEGE	B.T.H & RT	STUDY	DINNER	WORK	SLEEP
WEDNESDAY	WORKOUT	BREAKFAST	COLLEGE	B.T.H & RT	STUDY	DINNER	WORK	SLEEP
THURSDAY	WORKOUT	BREAKFAST	COLLEGE	B.T.H & RT	STUDY	DINNER	WORK	SLEEP
FRIDAY	WORKOUT	BREAKFAST	COLLEGE	B.T.H & RT	STUDY	DINNER	WORK	SLEEP
SATURDAY	WORKOUT	BREAKFAST	COLLEGE	B.T.H & RT	STUDY	DINNER	WORK	SLEEP
SUNDAY	REST	BREAKFAST	FREE	REST	PSS	DINNER	SLEEP	SLEEP