```cpp
//Ira Pohl
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//Supplementary example on overloading operator

#include<iostream>
#include<cstdint>
using namespace std;

enum class days:std::int8_t
{SUNDAY,MONDAY,TUESDAY,WEDNESDAY,THURSDAY,FRIDAY,SATURDAY};

//unlike plain enums C++11 enum class is typesafe and does not silently
//convert to int

ostream& operator<<(ostream& out, const days& d)
{  out << static_cast<int>(d); return out; }

days operator++(days& d) //PREFIX OPERATOR
{   d = static_cast<days>((static_cast<int>(d) + 1) % 7);  return d; }

days operator++(days& d, int) //POSTFIX OPERATOR
{
    days temp = d;
    d = static_cast<days>((static_cast<int>(d) + 1) % 7);
    return temp;
}

int main()
{
    days today{days::MONDAY};
    std::cout << "Demonstrate class enum" << std::endl;
    std::cout << "MONDAY VALUE IS " << today << std::endl;
    std::cout << "INCREMENT VALUE IS " << ++today << std::endl;
    std::cout << "INCREMENT VALUE IS " << today++ << std::endl;
    std::cout << "INCREMENT VALUE IS " << today << std::endl;
    return 0;
}
```