

Ideal Calender for u60

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------|--------|---------|-----------|----------|--------|
| 9:00 | | | u60 | u60 | |
| | u60 | | | | u60 |
| 10:00 | | u60 | | | |
| | | | | | |
| 11:00 | | | | u60 | u60 |
| | u60 | u60 | u60 | | |
| 12:00 | | | | | |
| | | | | | |
| 13:00 | | | | | |
| | | | | | u60 |
| 14:00 | | u60 | | u60 | |
| | | | u60 | | |
| 15:00 | u60 | | | | u60 |
| | | u60 | | u60 | |
| 16:00 | | | | | |
| | | | | | u60 |