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| Who: Ruilian Pang | |
| Week of: Monthly Theme: | |
| Weekly focus: | |
| Monday  (15 min) | Main:  Backup 1: |
| Tuesday  (15 min) | Main:  Backup 1: |
| Wednesday  (15 min) | Main:  Backup 1: |
| Thursday  (15 min) | Main:  Backup 1: |
| Friday  (15 min) | Main:  Backup 1: |