<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0">

<title>Weekly Schedule</title>

<style>

body {

font-family: Arial, sans-serif;

background-color: #f4f4f9;

display: flex;

justify-content: center;

align-items: center;

height: 100vh;

margin: 0;

}

table {

width: 80%;

border-collapse: collapse;

margin: 20px 0;

font-size: 18px;

text-align: left;

}

th, td {

padding: 12px;

border: 1px solid #dddddd;

}

th {

background-color: #f2f2f2;

}

tr:nth-child(even) {

background-color: #f9f9f9;

}

tr:hover {

background-color: #e2e2e2;

}

</style>

</head>

<body>

<table>

<thead>

<tr>

<th>Time Slot</th>

<th>Monday</th>

<th>Tuesday</th>

<th>Wednesday</th>

<th>Thursday</th>

<th>Friday</th>

<th>Saturday</th>

<th>Sunday</th>

</tr>

</thead>

<tbody>

<tr>

<td>Morning</td>

<td>Exercise</td>

<td>Work</td>

<td>Exercise</td>

<td>Work</td>

<td>Exercise</td>

<td>Brunch with friends</td>

<td>Relax</td>

</tr>

<tr>

<td>Afternoon</td>

<td>Work</td>

<td>Meeting</td>

<td>Work</td>

<td>Project Work</td>

<td>Work</td>

<td>Shopping</td>

<td>Family Time</td>

</tr>

<tr>

<td>Evening</td>

<td>Study</td>

<td>Gym</td>

<td>Study</td>

<td>Gym</td>

<td>Study</td>

<td>Movie Night</td>

<td>Dinner Out</td>

</tr>

</tbody>

</table>

</body>

</html>