Dayoff																													
.,	Erwin	Ramonito	Glaza Sa	illy	Esmeralda																								
Trained for		Υ	Υ		Υ																								
	Sunday Monday						Tuesday				Wednesday				Thursday			Friday				Saturday							
8:30			1				1				1				1				1				1					1	
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10:30			1				1				1				1				1				1					1	
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21:30 22:30	1	1			1				1				1	1		1		1		1		1		1	1		•		1
23:30	1	1			1				1				1			1		1		1				1	1				1
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	Number of																												
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15:30	4 4	4	4	2	3	4	1																						
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