

mon	tue	wed	thu	fri	sat
<b>AB</b> 6AM			<b>AB</b> 7AM	<b>AB</b> 6AM	<b>AB</b> 9AM
	<b>AB</b> 6PM		<b>FC</b> 10AM		<b>FC</b> NOON
<b>FC</b> 7PM		<b>AB</b> 7PM	<b>FC</b> 6PM		