













	7 AM	12.45 PM	1 PM	6.30 PM	7 PM	7.10 PM	7.30 PM
MONDAY	 RAINIE			 ALBERT			 ALBERT
TUESDAY		SPINNING AZMY			 YEN		
WEDNESDAY				 AMUTHA		 JEFF	
THURSDAY	 ROCKIE	 JEFF		 ALBERT			 ALBERT
FRIDAY				 ALBERT			
SATURDAY			1 PM				
SUNDAY			 RAINIE				