













	7.00AM	12.45AM	1.00PM	6.30PM	7.00PM	7.10PM	7.30PM
MONDAY	 HARRY			 ALBERT			 ALBERT
TUESDAY	 HARRY	SPINNING AZMY		 YEN			
WEDNESDAY				 AMUTHA		 LIANG	
THURSDAY	 HARRY	 JEFF		 ALBERT			 ALBERT
FRIDAY							
SATURDAY			1.00PM				
SUNDAY			 HARRY / ALBERT				