

**MARCH 7**

[illegible]

## 12

|           | 6 AM | 6 30 | 7 AM | 7 30 | 8 AM | 8 30 | 9 AM | 9 30 | 10 AM                       | 10 45 | 11 AM                       | 11 30                       |
|-----------|------|------|------|------|------|------|------|------|-----------------------------|-------|-----------------------------|-----------------------------|
| <b>12</b> |      |      |      |      |      |      |      |      | Session<br>11.1<br>Exercise |       | Session<br>11.2<br>Exercise | Session<br>11.3<br>Exercise |