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| --- | --- | --- | --- | --- |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** |
| **8:15 – 9:50 (95 mins)** | A | B | C | D |
| **10 min Nutrition break** |  |  |  |  |
| **10:00 – 11:35 (95 mins)** | B | C | D | A |
| **Lunch** |  |  |  |  |
| **12:20 – 1:55 (95 mins)** | C | D | A | B |
| **5 min transition** |  |  |  |  |
| **2:00-3:30 (90 mins)** | D | A | B | C |