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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Monday** | | **Tuesday** | | | **Wednesday** | | **Thursday** | | **Friday** | | **Saturday** | | **Sunday** | | |
|  |  |  | |  |  |  |  |  |  |  |  |  |  |  |
| B  L  D | | B  L  D | | | B  L  D | | B  L  D | | B  L  D | | B  L  D | | B  L  D | | |
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| B  L  D | | B  L  D | | | B  L  D | | B  L  D | | B  L  D | | B  L  D | | B  L  D | | |
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| B  L  D | | B  L  D | | | B  L  D | | B  L  D | | B  L  D | | B  L  D | | B  L  D | | |
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| B  L  D | | B  L  D | | | B  L  D | | B  L  D | | B  L  D | | B  L  D | | B  L  D | | |
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| B  L  D | | B  L  D | | | B  L  D | | B  L  D | | B  L  D | | B  L  D | | B  L  D | | |