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| **Timetable Core Day** |
|  | **06:00-08:00** | **08:00-08:30** | **08:30-11:15** | **11:15-13:45** | **13:45-16:00** | **16:00-17:00** | **17:00-19:00** | **19:00-22:00** | **22:00-06:00** |
| **Monday** | Rise | Unlock | Labour | Lunch | Labour | Dinner | Association | Lock-up | Bed |
|  |  |  |  |  |  |  |  |  |
| **Tuesday** | Rise | Unlock | Labour | Lunch | Labour | Dinner | Association | Lock-up | Bed |
|  |  |  |  |  |  |  |  |  |
| **Wednesday** | Rise | Unlock | Labour | Lunch | Labour | Dinner | Association | Lock-up | Bed |
|  |  |  |  |  |  |  |  |  |
| **Thursday** | Rise | Unlock | Labour | Lunch | Labour | Dinner | Association | Lock-up | Bed |
|  |  |  |  |  |  |  |  |  |
| **Friday** | Rise | Unlock | Labour | Lunch | Association | Dinner | Association | Lock-up | Bed |
|  |  |  |  |  |  |  |  |  |
| **Saturday** | **Weekend Routine** |
|  |  |  |  |  |  |  |  |  |
| **Sunday** | **Weekend Routine** |
|  |  |  |  |  |  |  |  |  |