

Monday  
M-S1 10:00 - 12:00 2 hours  
Lunch  
M-S2 13:30 - 15:30 2 hours  
Break  
M-S3 16:00 - 18:00 2 hours

Tuesday  
T-S1 08:00 - 10:00 2 hours  
Break  
T-S2 10:30 - 12:30 2 hours  
Lunch  
T-S3 14:00 - 16:00 2 hours  
Break  
T-S4 16:30 - 18:30 2 hours  
Dinner  
T-S5 19:30 - 21:30 2 hours

Wednesday  
W-S1 08:00 - 10:00 2 hours  
Break  
W-S2 10:30 - 12:30 2 hours  
Lunch  
W-S3 14:00 - 16:00 2 hours  
Break  
W-S4 16:30 - 18:30 2 hours  
Dinner  
W-S5 19:30 - 21:30 2 hours