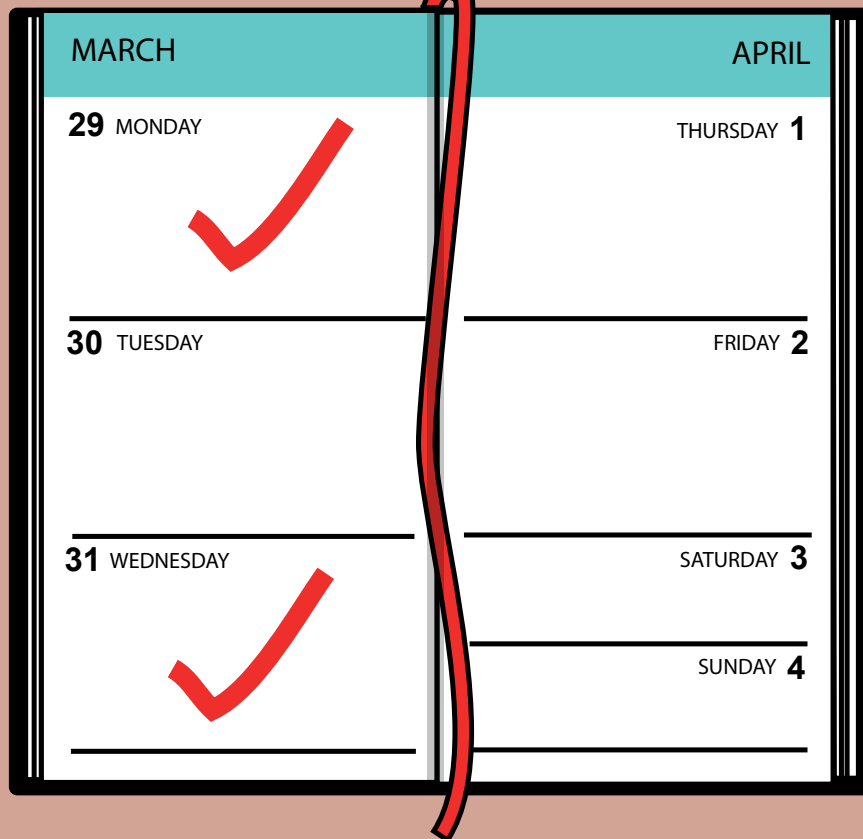
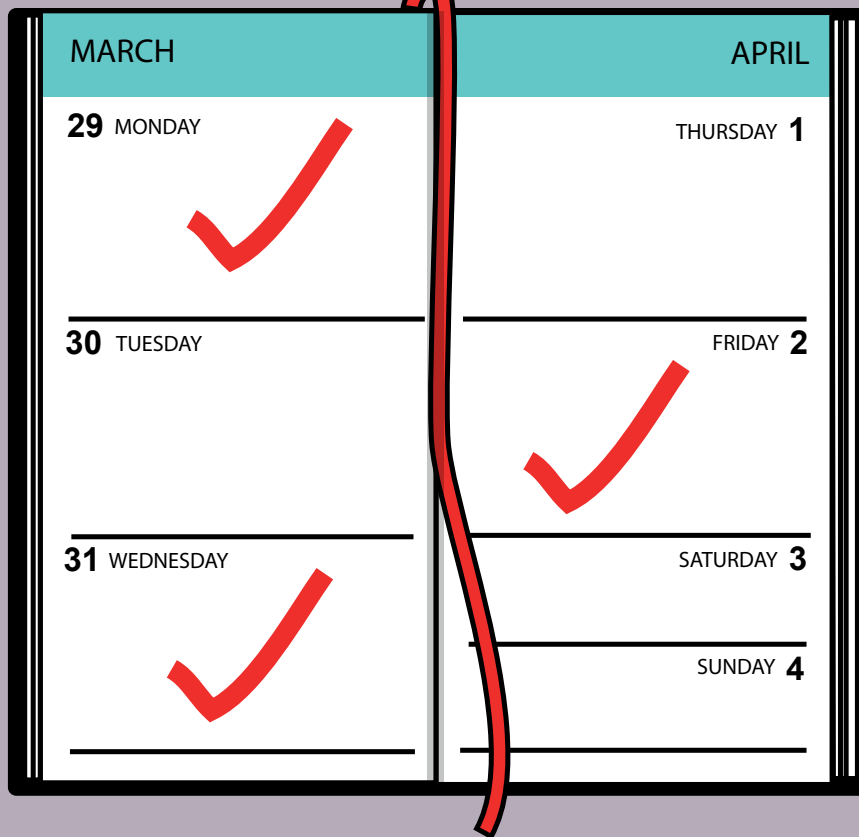


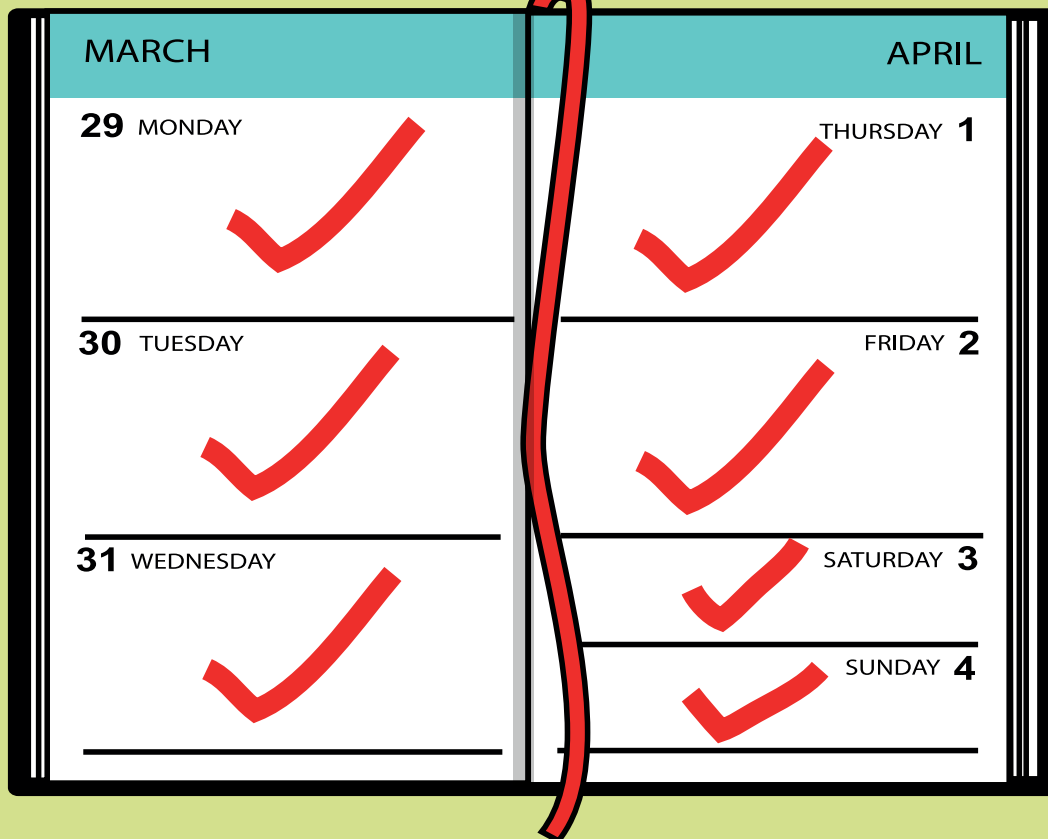
once a week



**twice a week /
two times
a week**



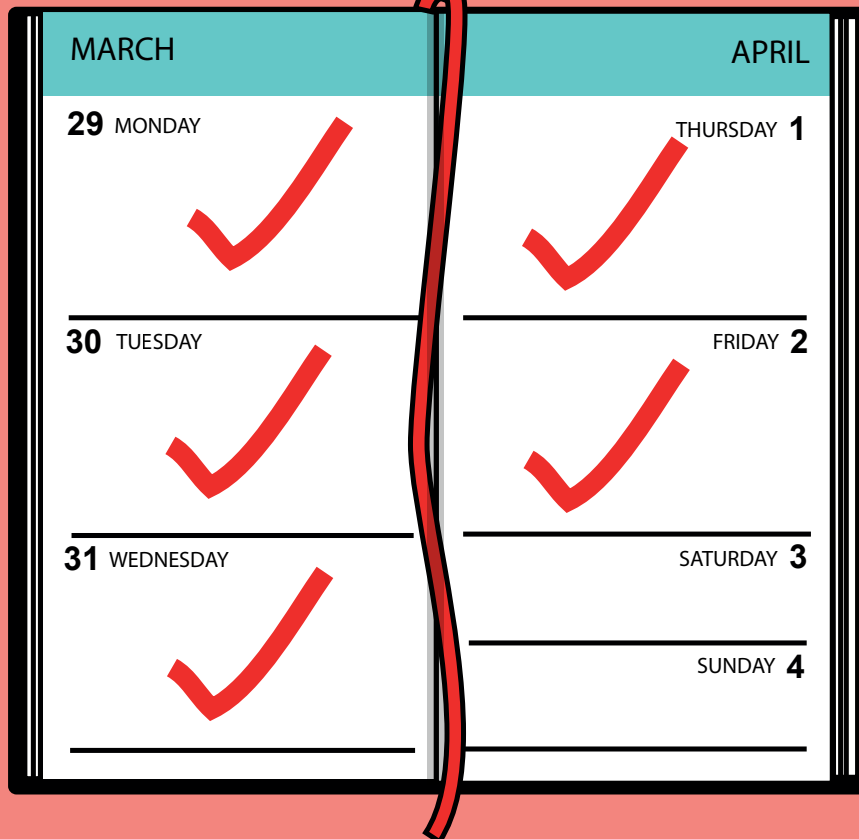
**three times
a week**



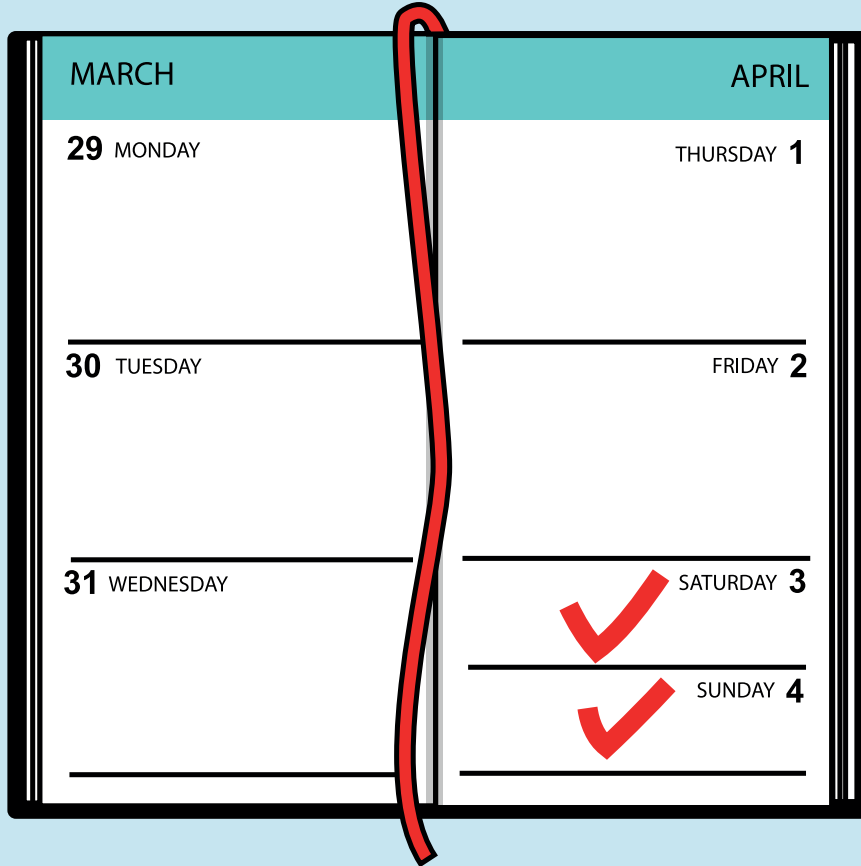
every day

MARCH						
MON	TUE	WED	THU	FRI	SAT	SUN
25	26	27	28	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

on Fridays



on weekdays



on weekends