

MON	TUE	WEN	THU	FRI	SAT	SUN
X	X	X	X	X	X	X

MON	TUE	WEN	THU	FRI	SAT	SUN
X				X		

MON	TUE	WEN	THU	FRI	SAT	SUN
					X	X

MON	TUE	WEN	THU	FRI	SAT	SUN
		X				

Once a week
Twice a week
Every day
On weekends