Period	HR	1,2,3	4,5,6	7,8	Lunch	10, 11	12,13	14,15	16,17
Time	8:45-8:55	9-9:50	9:54-10:44	10:48-11:20	11:22-11:56	11:58-12:30	12:34-1:06	1:10-1:43	1:47-2:20
ODD									
EVEN									