

<b>Lindbergh</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>	<i>recommended practices</i>	<i>no more than</i>
<b>FAST Prep</b>	<b>6:00-6:50pm</b>	<b>off</b>	<b>off</b>	<b>6:00-6:50pm</b>	<b>off</b>	<b>off</b>	<b>off</b>	2	2
<b>FAST Prep</b>	<b>6:50-7:40pm</b>	<b>off</b>	<b>off</b>	<b>6:50-7:40pm</b>	<b>off</b>	<b>off</b>	<b>off</b>	2	2