

W			T			F		
Don't Forget!			Don't Forget!			Don't Forget!		
6-	7-	8-	6-	7-	8-	6-	7-	8-
9-	10-	11-	9-	10-	11-	9-	10-	11-
12-	13-	14-	12-	13-	14-	12-	13-	14-
15-	16-	17-	15-	16-	17-	15-	16-	17-
18-	19-	20-	18-	19-	20-	18-	19-	20-
21-	22-	23-	21-	22-	23-	21-	22-	23-
24-			24-			24-		
S			S					
8	10	12	8	10	12	8	10	12
14	16	18	14	16	18	14	16	18
20	22	24	20	22	24	20	22	24

W			T			F		
Don't Forget!			Don't Forget!			Don't Forget!		
6-	7-	8-	6-	7-	8-	6-	7-	8-
9-	10-	11-	9-	10-	11-	9-	10-	11-
12-	13-	14-	12-	13-	14-	12-	13-	14-
15-	16-	17-	15-	16-	17-	15-	16-	17-
18-	19-	20-	18-	19-	20-	18-	19-	20-
21-	22-	23-	21-	22-	23-	21-	22-	23-
24-			24-			24-		
S			S					
8	10	12	8	10	12	8	10	12
14	16	18	14	16	18	14	16	18
20	22	24	20	22	24	20	22	24