

1 - 7 六2026 . 第23 周

| 时间    | 一 1 | 二 2 | 三 3 | 四 4 | 五 5 | 六 6 | 日 7 |
|-------|-----|-----|-----|-----|-----|-----|-----|
| 06:00 |     |     |     |     |     |     |     |
| 07:00 |     |     |     |     |     |     |     |
| 08:00 |     |     |     |     |     |     |     |
| 09:00 |     |     |     |     |     |     |     |
| 10:00 |     |     |     |     |     |     |     |
| 11:00 |     |     |     |     |     |     |     |
| 12:00 |     |     |     |     |     |     |     |
| 13:00 |     |     |     |     |     |     |     |
| 14:00 |     |     |     |     |     |     |     |
| 15:00 |     |     |     |     |     |     |     |
| 16:00 |     |     |     |     |     |     |     |
| 17:00 |     |     |     |     |     |     |     |
| 18:00 |     |     |     |     |     |     |     |
| 19:00 |     |     |     |     |     |     |     |
| 20:00 |     |     |     |     |     |     |     |
| 21:00 |     |     |     |     |     |     |     |

8 - 14 六月26

第24 周

| 时间    | 一 8 | 二 9 | 三 10 | 四 11 | 五 12 | 六 13 | 日 14 |
|-------|-----|-----|------|------|------|------|------|
| 06:00 |     |     |      |      |      |      |      |
| 07:00 |     |     |      |      |      |      |      |
| 08:00 |     |     |      |      |      |      |      |
| 09:00 |     |     |      |      |      |      |      |
| 10:00 |     |     |      |      |      |      |      |
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| 18:00 |     |     |      |      |      |      |      |
| 19:00 |     |     |      |      |      |      |      |
| 20:00 |     |     |      |      |      |      |      |
| 21:00 |     |     |      |      |      |      |      |

15 - 21

六2026

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第25 周

| 时间    | 一 15 | 二 16 | 三 17 | 四 18 | 五 19 | 六 20 | 日 21 |
|-------|------|------|------|------|------|------|------|
| 06:00 |      |      |      |      |      |      |      |
| 07:00 |      |      |      |      |      |      |      |
| 08:00 |      |      |      |      |      |      |      |
| 09:00 |      |      |      |      |      |      |      |
| 10:00 |      |      |      |      |      |      |      |
| 11:00 |      |      |      |      |      |      |      |
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| 14:00 |      |      |      |      |      |      |      |
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| 20:00 |      |      |      |      |      |      |      |
| 21:00 |      |      |      |      |      |      |      |

22 - 28

六2026

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第26 周

| 时间    | 一 22 | 二 23 | 三 24 | 四 25 | 五 26 | 六 27 | 日 28 |
|-------|------|------|------|------|------|------|------|
| 06:00 |      |      |      |      |      |      |      |
| 07:00 |      |      |      |      |      |      |      |
| 08:00 |      |      |      |      |      |      |      |
| 09:00 |      |      |      |      |      |      |      |
| 10:00 |      |      |      |      |      |      |      |
| 11:00 |      |      |      |      |      |      |      |
| 12:00 |      |      |      |      |      |      |      |
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| 14:00 |      |      |      |      |      |      |      |
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| 18:00 |      |      |      |      |      |      |      |
| 19:00 |      |      |      |      |      |      |      |
| 20:00 |      |      |      |      |      |      |      |
| 21:00 |      |      |      |      |      |      |      |

29 6 月 5 7 2026 .

第27 周

| 时间    | 一 29 | 二 30 | 三 1 | 四 2 | 五 3 | 六 4 | 日 5 |
|-------|------|------|-----|-----|-----|-----|-----|
| 06:00 |      |      |     |     |     |     |     |
| 07:00 |      |      |     |     |     |     |     |
| 08:00 |      |      |     |     |     |     |     |
| 09:00 |      |      |     |     |     |     |     |
| 10:00 |      |      |     |     |     |     |     |
| 11:00 |      |      |     |     |     |     |     |
| 12:00 |      |      |     |     |     |     |     |
| 13:00 |      |      |     |     |     |     |     |
| 14:00 |      |      |     |     |     |     |     |
| 15:00 |      |      |     |     |     |     |     |
| 16:00 |      |      |     |     |     |     |     |
| 17:00 |      |      |     |     |     |     |     |
| 18:00 |      |      |     |     |     |     |     |
| 19:00 |      |      |     |     |     |     |     |
| 20:00 |      |      |     |     |     |     |     |
| 21:00 |      |      |     |     |     |     |     |