

29 6 月 5 7 月2026

| 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 |      |      |     |     |     |     |     |
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| 13:00 |      |      |     |     |     |     |     |
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| 20:00 |      |      |     |     |     |     |     |
| 21:00 |      |      |     |     |     |     |     |

6 - 12 七月 2026

| 时间    | 一 6 | 二 7 | 三 8 | 四 9 | 五 10 | 六 11 | 日 12 |
|-------|-----|-----|-----|-----|------|------|------|
| 06:00 |     |     |     |     |      |      |      |
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| 20:00 |     |     |     |     |      |      |      |
| 21:00 |     |     |     |     |      |      |      |

13 - 19 七月 2026

| 时间    | 一 13 | 二 14 | 三 15 | 四 16 | 五 17 | 六 18 | 日 19 |
|-------|------|------|------|------|------|------|------|
| 06:00 |      |      |      |      |      |      |      |
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20 - 26 七月 2026

| 时间    | 一 20 | 二 21 | 三 22 | 四 23 | 五 24 | 六 25 | 日 26 |
|-------|------|------|------|------|------|------|------|
| 06:00 |      |      |      |      |      |      |      |
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| 20:00 |      |      |      |      |      |      |      |
| 21:00 |      |      |      |      |      |      |      |

27 7 月 2 8 月2026

| 时间    | 一 27 | 二 28 | 三 29 | 四 30 | 五 31 | 六 1 | 日 2 |
|-------|------|------|------|------|------|-----|-----|
| 06:00 |      |      |      |      |      |     |     |
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