



Diagram illustrating the 24-hour day divided into 30-minute intervals. The intervals are labeled from 7h to 22h. The interval from 13h to 14h is highlighted in black and labeled "BOXE ANGLAISE".

Diagram illustrating the 24-hour day divided into 30-minute intervals. The intervals are labeled from 9h to 22h. The interval from 12h to 13h is shaded black and labeled "BOXE ANGLAISE".