<table>
<thead>
<tr>
<th>Credits</th>
<th>Timings</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 credit (2 hours)</td>
<td>1 day a week starting on a time zone for 2 hours</td>
</tr>
<tr>
<td>2 credits (4 hours)</td>
<td>1 day a week starting on a time zone for 4 hours or 2 days a week starting on a time zone for 2 hours</td>
</tr>
<tr>
<td>3 credits (6 hours)</td>
<td>2 days a week starting on a time zone for 3 hours</td>
</tr>
<tr>
<td>4 credits (8 hours)</td>
<td>2 days a week starting on a time zone for 4 hours</td>
</tr>
</tbody>
</table>