

## Sample Schedule

	Mon	Tues	Wed	Thurs	Fri
6:00	Rise, Devotions, Personal Time				
7:30	Worship				
8:00	Breakfast				
9:00- 9:30am	Stretch				
9:30- 10:30 am	Lecture				
10:30-12:00pm	Exercise/ Free Time	Hydro	Exercise/ Free Time	Hydro	Hydro
12:00-1:00 pm	Cooking School				
1:00- 2:00 pm	Health Lecture				
2:00- 3:00 pm	Dinner				
3:00-3:30 pm	Clean up-Stroll				
3:30-4:30 pm	Free Time/Hydro	Consultation	Free Time/Hydro	Consultation	Good- Bye
4:30-5:30 pm	Free Time	Free Time	Free Time	Free Time	
6:00-6:30 pm	Worship				
6:30- 7:30 pm	Evening Program				
9:00 pm	Quiet Time, In Room, Sleep				