STRUCTURED ACTIVITY
ADULT DORMITORY

TIME	MONDAY	TIME	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		SUNDAY
4:30 - 5:00	Wake - up call / fix of beddings / Sign - in	5:00 - 5:30	Wake - up call / fix of beddings / Sign - in	Wake - up call / fix of beddings / Sign - in	Wake - up call / fix of beddings / Sign - in	Wake - up call / fix of beddings / Sign - in	Wake - up call / fix of beddings / Sign - in		R
5:00 - 6:00	Morning Exercise	5:30 - 6:30	Morning Exercise	Morning Exercise	Morning Exercise	Morning Exercise	Morning Exercise		E
6:00 - 6:30	Wash - up	6:30 - 7:00	Wash - up	Wash - up	Wash - up	Wash - up	Wash - up		S
6:30 - 7:00	Breakfast	7:00 - 7:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		T
7:00 - 7:15	Follow - up	7:30 - 7:45	Follow - up	Follow - up	Follow - up	Follow - up	Follow - up		
7:15 - 7:30	Houserun	7:45 - 8:00	Houserun	Houserun	Houserun	Houserun	Houserun		D
7:30 - 8:00	Flag Ceremony								A
8:00 - 8:30	Pre - Morning Meeting	Pre - Morning Meeting		Pre - Morning Meeting	Pre - Morning Meeting	Pre - Morning Meeting	Pre - Morning Meeting		Y
8:30 - 9:30	Morning Meeting	Morning Meeting		Morning Meeting	Morning Meeting	Morning Meeting	Morning Meeting		
9:30 - 10:00	Process of Incidents	Process of Incidents		Process of Incidents	Process of Incidents	Process of Incidents	Process of Incidents		MASS
10:00 - 10:15	Snacks	Snacks		Snacks	Snacks	Snacks	Snacks		
10:15 - 11:00	Gather - up / Job Function	Gather - up / Job Function		Gather - up / Job Function	Gather - up / Job Function	Gather - up / Job Function	Gather - up / Job Function		S
11:00 - 12:00	Sessions / Interaction NFE	Community Cleaning		Sessions / Interaction NFE	Community Cleaning	SPORTS	Static Group Practice		U
12:00 - 12:30	Lunch	Lunch		Lunch	Lunch	Lunch	Lunch		N
12:30 - 1:00	Siesta	Siesta		Siesta	Siesta	Siesta	Siesta		D
1:00 - 2:30	Session / Interaction	Session / Interaction		Session / Interaction	Session / Interaction	SPORTS	1:00 - 3:00	Laundry Time	A
2:30 - 3:30	Spiritual	Spiritual		Spiritual	Spiritual		3:00 - 5:00	Saturday	Y
3:30 - 4:00	Snacks	Snacks		Snacks	Snacks	Snacks		Afternoon	-
4:00 - 5:00	Gardening	Gardening		Gardening	Gardening	Hataw / Flag Retreat		Program	-
5:00 - 5:30	Pamalandong	Pamalandong		Pamalandong	Pamalandong	Pamalandong	Pamalandong		-
5:30 - 6:00	Wash - up	Wash - up		Wash - up	Wash - up	Wash - up	Wash - up		-
6:00 - 6:30	Angelus / Rosary	Angelus / Rosary		Angelus / Rosary	Angelus / Rosary	Angelus / Rosary	Angelus / Rosary		-
6:30 - 7:00	Bible Sharing	Bible Sharing		Bible Sharing	Bible Sharing	Bible Sharing	Bible Sharing		-
7:00 - 7:30	Dinner	Dinner		Dinner	Dinner	Dinner	Dinner		Dinner
7:30 - 8:00	EMODI Writing	EMODI Writing		EMODI Writing	EMODI Writing	EMODI Writing	EMODI Writing		EMODI Writing
8:00 - 9:00	Sign out / TV Viewing	Sign out / TV Viewing		Sign out / TV Viewing	Sign out / TV Viewing	Sign out / TV Viewing	Sign out / TV Viewing		-
9:00 - 9:30	Closure Meeting	Closure Meeting		Closure Meeting	Closure Meeting	Closure Meeting	Closure Meeting		Lights Off
9:30	Lights Off	Lights Off		Lights Off	Lights Off	Lights Off	Lights Off		-