

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:00	Personal Time					Blocked off for rest	Blocked off for rest
6:00-6:30	(Meditation, spirituality, shower etc)						
6:30-7:00	Travel	Yoga and					
7:00-7:30		spirituality		Class	Class		Spiritual growth
7:30-8:00		(home)					and development
8:00-8:30	Class				Studying	Work	
8:30-9:00		Travel	Class			6 hour shift	
9:00-9:30							
9:30-10:00		Class	Studying	Studying			
10:00-10:30	Class						
10:30-11:00							
11:00-11:30	Studying	Studying		Class			
11:30-12:00					Class		
12:00-12:30	Lunch	Class	Lunch	Lunch			Lunch
12:30-1:00							
1:00-1:30		Lunch	Gym		Lunch		
1:30-2:00	Gym		(School)				
2:00-2:30	(School)	Work		Work	Gym	Lunch	
2:30-3:00		6 hour shift	Class	6 hour shift	(School)		
3:00-3:30							
3:30-4:00	Class				Household		
4:00-4:30			Open for		Management		
4:30-5:00			Appointments		(cleaning, admin		
5:00-5:30					scheduling etc)		
5:30-6:00							
6:00-6:30	Dinner and Downtime		Dinner and Downtime		Dinner and Downtime	Dinner and Downtime	Dinner and Downtime
6:30-7:00							
7:00-7:30					Personal time	Personal time	Personal time
7:30-8:00							
8:00-8:30							
8:30-9:00		Dinner and Downtime		Dinner and Downtime			
9:00-9:30							
9:30-10:00							