

GENERAL DAILY SCHEDULE / TIME TABLE ORDINARY / FERIAL WEEK DAYS: MONDAY TO FRIDAY						WEEKENDS SCEHDULE: SATURDAY AND SUNDAY		
WEEK DAYS TIME	DAY 1 ACTIVITIES (MONDAY)	DAY 2 ACTIVITIES (TUESDAY)	DAY 3 ACTIVITIES (WEDNESDAY)	DAY 4 ACTIVITIES (THURSDAY)	DAY 5 ACTIVITIES (FRIDAY)	WEEK ENDS TIME	DAY 6 ACTIVITIES (SATURDAY)	DAY 7 ACTIVITIES (SUNDAY)
6:00AM	Rising					6:30AM	Rising	Eucharistic Adoration (Voluntary) From 6:30Am - 7:25AM
6:30AM	Lauds and Meditaion. Mondays Team level (House level on Mondays that follow the Sunday of House Social Gatherings)	Private	Lauds and Meditaion.	Lauds and Meditaion.	Lauds and Meditaion.	7:00AM	Lauds and Meditaion.	Rising
7:00AM						7:15AM	Holy Eucharist	Lauds followed immediately by Holy Eucharist
7:15AM	Holy Eucharist: Team Level (House Level on Mondays that follows the Sunday of House Social Gathering)	Pray Course - Every Forthnight	Holy Eucharist (Whole Seminary Community)	Singing Practice	Holy Eucharist (Whole Seminary Community)	8:15AM	Break fast	
8:00AM	Break fast					9:00AM - 11:00AM	Manual Work/Community Service (Shopping/Picnic Every 1 st Saturday of the Month. From 10:15AM)	Break fast (From 9:30AM) followed by Free Activities (Students may go shopping in the Seminary Canteen)
8:25AM - 12:45PM	Lecturers	Lecturers	Lecturers	Lecturers	Lecturers	11:15AM - 12:30PM	Free Activities (Students may go shopping in the Seminary Canteen)	
12:50PM	Visit to the Blessed Sacrament (concluded with Angelus/Regina Coeli)					12:50PM	Visit to the Blessed Sacrament (concluded with Angelus/Regina Coeli)	
1:00PM	Lunch					1:00PM	Lunch	
1:30PM - 2:30pm	Sieta - Silence on the whole compound (Students may go shopping in the Seminary Canteen)	Sieta - Silence on the whole compound (Students may go shopping in the Seminary Canteen)	Sieta - Silence on the whole compound (Students may go shopping in the Seminary Canteen)	Sieta - Silence on the whole compound (Students may go shopping in the Seminary Canteen)	Sieta - Silence on the whole compound (Students may go shopping in the Seminary Canteen)	1:30PM - 3:30pm	Sieta - Silence on the whole compound (Students may go shopping in the Seminary Canteen)	Sieta - Silence on the whole compound (Students may go shopping in the Seminary Canteen)
2:30PM (3:00PM) - 4:00PM	Seminars/Workshops/Public Academic Conferences;	Sports	Manual Work/Community Service	Sports	Sports, Once a month - Spiritual Recollection (from 3:00PM - Ends on Saturday)	3:45PM	Tea/Porridge	
4:15PM	Tea/Porridge					4:15PM - 6:00PM	Sports (Return from Shopping/Picnic Punctually)	1 st Sunday of the Month: Sports, 2 nd Sunday: Walks, 3 rd Sunday: Free Activities, 4 th Sunday: Visit to or by the Foster Parents, 5 th Sunday: Sports
4:45PM	Private Study	Language Courses or Lessons.	Private Study	Language Courses or Lessons.	Singing Practice	6:00PM	Personal Refinement and preparation for Solemn Vespers	
6:10PM	Vespers in Private (Preferably in the Chapel)					7:00PM	Solemn Vespers with Introduction of the Week of Liturgy	Solemn Vespers (From 7:10PM)
6:30PM		Holy Eucharist		Holy Eucharist	Eucharistic Adoration (Ways of the Cross Prayers: Fridays of the Lenten Season)			
7:15PM	Vespers/Holy Rosary in Common		Vespers/Holy Rosary in Common					
7:30PM	Supper					7:30PM	Supper	
9:00PM	Spiritual Conference (Ends with Compline)	Private Study / Team Meetings (First Tuesdays of the Month) / TV News watching (9:00 - 9:45PM)	Private Study/TV News watching (9:00 - 9:45PM)	Rector's Conference (Ends with Compline)	Private Study/TV News watching (9:00 - 9:45PM)	9:00PM	Recreation (Possibility of viewing of TV News, Video, Music - Dance - Drama)	3rd Sunday: Social Gatherings on House Level. Other Sundays, Recreation (Possibility of viewing of TV News, Video, Music - Dance - Drama)
10:30PM	Great Silence: End of Out-Side-of-Room-Activities					11:00PM	Great Silence: End of Out-Side-of-Room-Activities	Great Silence: End of Out-Side-of-Room-Activities. (From 10:30PM)
10:40PM	Compline in Private	Compline - House Level	Compline in Private	Compline - House Level	Compline in Private	11:10PM	Compline in Private	
11:00PM	Non-Security Lights Out					11:30PM	Non-Security Lights Out	