

**Training Schedule**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AM</b>	Rise:( 06:00 )am                      Train( 06:20 )am – ( 07:00 )am						
	Breakfast: ( 07:20 )am						
	Preparation( 08:00 )am                      Train(08:10 )am – ( 11:10 )am						
	Train	Train	Rest	Train	Washing	Train ( 10:00 ) Buddhism	Rest
Lunch: ( 12:00 )am							
<b>PM</b>	Preparation: ( 14:00 )pm                      Train: ( 14:20 )pm – ( 17:10 )pm						
	Train	Train	Train ( 16:00 ) Chinese	Train	Train	Train (16:00 ) Chinese	
	Dinner( 17:30 )pm						
	Preparation: ( 18:20 )pm                      Train: ( 18:30 )pm – ( 19:15 )pm						
	Train	Train	Train	Train	Train	Train	
Light off ( 20:10 )							