

COURSE TIMETABLE 2022

Time	Sunday	Monday	Tuesday Psalm II	Wednesday Recollection	Thursday Adore te Devote	Friday	Saturday	
6.45		Rise	Rise	Rise	Rise	Rise	Rise	
7.30		Meditation	Meditation	Meditation	Meditation with simple Benediction	Meditation	Meditation	
8.00		Mass	Mass	Mass	Mass	Mass	Mass	
8.45		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
9.30		Spirit. Reading	Spirit. Reading	cf Recollection Timetable	Spirit. Reading	Spirit. Reading	Spirit. Reading	
9.45		Class	Class		Class	Class	Class	
10.35		Class	Class		Class	Class	Class	
11.20		Free time /Sports	Free time /Sports		Free time /Sports	Free time /Sports	Free time /Sports	
1.00		Lunch	Lunch		Lunch	Lunch	Lunch	
1.30		Visit & Preces	Visit & Preces		Visit & Preces	Visit & Preces	Visit & Preces	
1.40-2.20		Get-together	Get-together		Get-together	Get-together	2.00 Leave	
2.30		SF	SF		SF	SF		
4.00		Afternoon tea	Afternoon tea		3.00 Afternoon tea	Afternoon tea	Afternoon tea	
4.30		Prayer	Prayer		Free time / outing	Prayer	Prayer	
5.15		Ctm 1	CCC 1		Ctm 2	CCC 2		
		Dinner	Dinner	Dinner	Dinner	Dinner		
6.45		Rosary	Rosary		Rosary	Rosary		
7.00		News / Free time	News / Free time	News / Free time	News / Free time	News / Free time		
8.00	8pm Arrive/ Supper		Film: Don Javier death (Betafilmsplay)		Film: Cooperators (Opus Dei website)			
8.45	Get-together	Get-together	Get-together	Get-together	Get-together	Get-together		
9.30	Examination	Examination	Examination	Examination	Examination	Examination		

ctm: Catechism of the Work

CCC: Compendium

SF: Specific Formation

Class: Social Teachings of the Church (45 mins each)