

Sample Schedule:

Saturday:

7-9 AM	Check In	
8-9 AM	Fellowship	
9-10 AM	Spiritual exercises	
10-10:30 AM	Breaks	
10:30-11:30 AM	Spiritual exercises	
11:30-12:00 PM	Reflections	
12-1 PM	Lunch & free time	
1-1:30 PM	Discussion	
1:30-2:30 PM	Spiritual exercises	Discussion
3:00-4:00 PM	Spiritual exercises	
4-5 PM	free time	
5 PM	Mass	