



Weekly Calendar Rhythm

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am	On-site Hours*	The 805 & Heart Prep	The 805 & Heart Prep	On-site Hours*		Community Outreach <i>2 per semester</i>	
9am		Mandatory Seat Hours	Mandatory Seat Hours				
10am	On-site Hours*			Student Development: Chapel	Student Development: Real Talk		
11am		Lunch	Lunch				
12pm	On-site Hours*	Mandatory Seat Hours	Mandatory Seat Hours	On-site Hours*			
1pm							
2pm	On-site Hours*	On-site Hours*	On-site Hours*	On-site Hours*			
3pm							
4pm	Break for Day	Break for Day	Break for Day	Break for Day			
5pm							

*Based on your individual course load each seven weeks, measured by the total number of credits being taken, you are able to select your own 'On-site Hours' for greater flexibility with a part-time job, practicum placements, or maybe to simply get some extra sleep in the morning.