

Table: regular monastic schedule

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Before dawn	waking up	waking up	waking up	waking up	waking up	waking up	waking up
	prayer (house)	prayer (house)	prayer (house)	prayer (house)	prayer (house)	prayer (house)	prayer (house)
	coll. prayer + handiwork?)	coll. prayer + handiwork	coll. prayer + handiwork	coll. prayer + handiwork	coll. prayer + handiwork	coll. prayer + handiwork	coll. prayer + handiwork
1 st hour Morning	coll. catechesis Eucharist	prayer (house) work	prayer (house) work	prayer (house) work	prayer (house) work	prayer (house) work	prayer (house) work
	5 th (-6th) hour	prayer (house)	prayer (house)	prayer (house)	prayer (house)	prayer (house)	prayer (house)
6 th hour (noon) Afternoon	meal	meal	meal	(meal or fasting?)	meal	(meal or fasting?)	meal
	no work (easy or urgent tasks only)	work	work	work	work	work	work
9 th (-10th) hour	prayer (house)	prayer (house)	prayer (house)	prayer (house)	prayer (house)	prayer (house)	prayer (house)
Evening	reading (+ bread)	reading (+ bread)	reading (+ bread)	reading (+ bread)	reading (+ bread)	reading (+ bread)	reading
	coll. prayer + handiwork (not in winter)	coll. prayer + handiwork (not in winter)	coll. prayer + handiwork (not in winter)	coll. prayer + handiwork (not in winter)	coll. prayer + handiwork (not in winter)	coll. prayer + handiwork (not in winter)	Eucharist
Night	bedtime	bedtime	bedtime	bedtime	bedtime	bedtime	bedtime
Day unknown	cooked food						
Time unknown				coll. catechesis catechesis (house)		coll. catechesis catechesis (house)	