

Hermana Tonita flexible daily schedule

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| 6:30 | Wakeup |
| 7:30 | Breakfast, small group cleans dishes |
| 8:30 | Begin work |
| mid-morning | light snack |
| 1:00 | End construction work, Lunch |
| 1:30 | Wash lunch plates |
| 2:00 | Shower and get ready for afternoon activity |
| 3:00 | Cultural Activity |
| 6:00 | Chores |
| 7:00 | Dinner |
| 8:00-9:30 | Evening Reflection Time |
| 9:30 – 10:00 | Free Time |
| 10:00 | Prepare for Bed |
| 10:30 | Lights Out |