

# Glenstal Abbey Residential Sample Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7.45am			Wake Up Call				Sleep in	
8.15am			Morning Meeting with Principal				Wake Up Call	
8.30am - 9.00am			<b>Breakfast in Main Dining Hall</b>				Breakfast in Main Dining Hall	
9.15am - 12.30pm			<b>English Language Class</b> International Classes, Levels A1 – C1				Sample Full Day Excursions Depart 9.30am Home 6pm	
Break			<b>Free Time to Socialise with Friends</b>					
1.00pm - 2.00pm			<b>Lunch in Main Dining Hall</b>					
2.00pm – 5.30pm			<b>Themed Afternoon Outdoor Activity Programme</b>					
	<b>Adventure</b>	<b>Nature</b>	<b>Explore</b>	<b>Water</b>	<b>Active</b>			
	Outdoor Adventure Course & Orienteering	Ecology & Environmental Awareness	Off Campus Shopping & Explore Limerick	Kayaking, Canoeing, Raft Building, Indoor Swimming	Dance, Football, Basketball, Aerobics, Tennis, Volleyball, Golf	Galway City Walking Tour Dublin City Walking Tour Cliffs of Moher & Connemara (UNESCO Site)	Cork & Blarney Castle Clonmacnoise Monastery Kings John's Castle Limerick	
Break			<b>Free Time to Change and Prepare for Dinner</b>					
6.00pm - 7.00pm			<b>Dinner in Main Dining Hall</b>					
7.30pm – 9.30pm			<b>Evening Elective Skill Option &amp; Social Programme</b>					
	<b>Elective</b>	<b>Social Activity</b>	<b>Elective</b>	<b>Elective</b>	<b>Social Activity</b>	<b>Social Activity</b>	<b>Social Activity</b>	
	Photography /Film Irish Cookery Practical Science Marital Arts Dance Class Archery & Target Music Session	Movie Night	Photography /Film Irish Cookery Practical Science Marital Arts Modern Dance Archery & Target Music Session	Photography/ Film Irish Cookery Practical Science Marital Arts Archery & Target Music Session	Talent Show	Graduation Ceremony & Disco	Irish Dancing - Ceili Session	
9.30pm – 10.00pm			<b>Wind Down Free Time</b>					
10.00pm			Return to Dorms for House Meeting & Prepare for Bed					
10.30pm			Lights Out					