

Member to Facilitator Sample Timetable

	Day One	Day Two	Day Three
8:00am		Breakfast	Breakfast
10:00am		Workshops	Workshops
1:15pm		Lunch	Lunch
2:00pm	Arrivals		
2:15pm		Workshops	Workshops
4:00pm	Final Check-Ins		Home
5:00pm	Workshop		
6:30pm	Leave for Dinner	Leave for Dinner	
7:00pm	Dinner	Dinner	
9:00pm	Leave for Maynooth	Leave for Maynooth	
11:00pm	Lights Out	Lights Out	