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| **Time** | **Sunday** |
| 06h00 **to** 06h30 | **Body training** |
| 06h30 **to** 07h30 | **Housework** |
| 07h30 **to** 07h50 | **Bath** |
| 08h00 **to** 08h20 | **Eat** |
| 12h00 **to** 16h00 | **Personal Course** |
| 16h30 **to** 17h00 | **Internet Studying** |
| 17h30 **to** 19h00 | **School Preparation** |
| 20h00 **to** 21h30 | **Portfolio Construction** |