

Monday - Thursday:

8:00 AM - 9:30 AM: Coffee break, meditate or take a walk outside

9:30 AM - 10:25 AM: Study session (4 hours)

10:25 AM - 11:00 AM: Lunch break (breakfast & lunch)

11:00 AM - 11:40 AM: Review lecture notes and assignments (1 hour)

11:40 AM - 12:35 PM: Study session (4 hours)

12:35 PM - 1:10 PM: Lunch break (breakfast & lunch)

1:10 PM - 1:50 PM: Review lecture notes and assignments (1 hour)

1:50 PM - 2:35 PM: Study session (4 hours)

2:35 PM - 3:20 PM: Review lecture notes and assignments (1 hour)

3:20 PM - 4:05 PM: Study session (4 hours)

4:05 PM - 4:50 PM: Review lecture notes and assignments (1 hour)

4:50 PM - 5:35 PM: Study session (4 hours)

5:35 PM - 6:20 PM: Review lecture notes and assignments (1 hour)

6:20 PM - 7:05 PM: Study session (4 hours)

7:05 PM - 8:00 PM: Coffee break, meditate or take a walk outside

Sunday:

8:00 AM - 9:30 AM: Start of day

9:30 AM - 10:25 AM: Study session (4 hours)