

## **BGISS WEEKLY ROUTINE RULES AND REGULATIONS**

### **Saturday**

**Morning trotting:**.....5am - 6.30am

Other morning duties and washing

**Breakfast:** ..... 9.00am

**Lunch:** .....1.30pm

**Entertainment:**.....3pm-5pm

**Supper:**.....5.00pm - 5.20pm

**Prep:**.....7pm - 9pm and

**Evening devotion:**.....9.30-9.45

**Lights out:**.....10.00pm

### **Sunday**

**Morning Duties:**.....4.30am -6.00am

**Bathing:**.....6-6.20am

**Church Service:**.....6.30am -8.40am

**Breakfast:**..... 9.00am

**Morning Prep:**..... 10-12.00noon

**Lunch:**..... 1:30pm

**Leisure Period/Club Meetings:** .....

**Supper:**.....5.00-5.20pm

**Prep:**..... 7-9pm

**Evening devotion:**..... 9.30-9.45

**Lights out:**.....10.00pm