

# 22<sup>nd</sup> Annual Camp Gian

## THURSDAY - FIELD TRIP SCHEDULE

6:40-7:00	Yoga
7:00-7:50	Nitnem
7:50-8:20	Simran & Theme Shabad
8:20-8:50	Ardaas, Hukamnama, Parsaad, Announcements, Reflections, Word of the Day
8:50-9:30	Breakfast
9:30-10:30	Class 1
10:30-11:30	Class 2
11:30-12:00	Lunch
12:00-1:00	Transportation to Field Trip
<b>1:00 - 3:00</b>	<b>Field Trip</b>
3:00-4:00	Transportation from Field Trip
4:00-4:30	Refreshments/Snacks
4:30-5:30	Intensive Learning Class
5:30-6:15	Rehraas
6:15-6:25	Reflections
6:25-6:55	Theme Shabad & Simran
6:55-7:25	Smapti
7:25-8:15	Langar
8:15-9:15	Evening Activity
<b>9:45</b>	<b>Lights Out (Curfew Imposed)</b>