



2018 Example Timetable Junior English Plus Sports

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
07:30	Arrival day PowerPoint Presentation Induction and Orientation	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	
07:45-08:45		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
09:00-10:30		English test and Information	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson	Full-Day Excursion e.g. London	Full-Day Excursion e.g. Portsmouth
10:30-11:00			Break	Break	Break	Break	Break	Break		
11:00-12:30		(High Season only)	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson		
12:30-13:30		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch		
13:45-14:30		Half-Day Excursion to Bournemouth	Aeroball	Benchball	Football	Team Building	Jurassic Coast walk to Durlston Country Park including Castle, Lighthouse, Caves and The Globe	After School Clubs		
14:30-15:15			Dodgeball	Hockey	Swimming	Volleyball				
15:15-15:30			Break	Break	Break	Break				
15:30-16:15			Basketball	Team sports	Relay Games	Tennis				
16:15-17:00			Gym Training	Team sports	Table Tennis	Badminton				
17:30-18:30	After School Clubs		After School Clubs	After School Clubs	After School Clubs					
18:30-19:15	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner		
20:15-22:30	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	
22:45	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	

- This timetable is based on students living in the College. Students, living in homestay accommodation are required to be at the College by 08:45 and eat dinner at their homestay
- This course rotates on a weekly basis



2018 Example Timetable Junior English Plus Sports incl. Tennis

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
07:30	Arrival day PowerPoint Presentation Induction and Orientation	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up		
07:45-08:45		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		
09:00-10:30		English test and Information	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson	Full-Day Excursion e.g. London	Full-Day Excursion e.g. Portsmouth	
10:30-11:00			Break	Break	Break	Break	Break	Break			
11:00-12:30		(High Season only)	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson			
12:30-13:30		Half-Day Excursion to Bournemouth	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch			
13:45-14:30			Mini Golf	Team Sports	Football	Swimming	Beach Games				
14:30-15:15			Dodgeball		Basketball	Volleyball					
15:15-15:30			Break	Break	Break	Break	Break				
15:30-16:15			Tennis	Tennis	Tennis	Tennis	Tennis Tournament				
16:15-17:00			Gym Training	Aeroball	Benchball	Badminton					
17:30-18:30			After School Clubs	After School Clubs	After School Clubs	After School Clubs		After School Clubs			
18:30-19:15	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner			Dinner
20:15-22:30	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities			Evening Activities
22:45	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime		

- This timetable is based on students living in the College. Students, living in homestay accommodation are required to be at the College by 08:45 and eat dinner at their homestay
- This course rotates on a weekly basis



2018 Example Timetable Junior English Plus Sports incl. Watersports

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
07:30	Arrival day PowerPoint Presentation Induction and Orientation	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up		
07:45-08:45		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		
09:00-10:30		English test and Information	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson	Full-Day Excursion e.g. London	Full-Day Excursion e.g. Portsmouth	
10:30-11:00			Break	Break	Break	Break	Break	Break			
11:00-12:30		(High Season only)	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson			
12:30-13:30		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch			
13:45-14:30		Half-Day Excursion to Bournemouth	Table Tennis	Watersports incl. Wakeboarding Waterskiing Rings	Football	Watersports incl. Wakeboarding Waterskiing Rings	Jurassic Coastal Walk	Full-Day Excursion e.g. London			Full-Day Excursion e.g. Portsmouth
14:30-15:15			Bench Ball		Swimming						
15:15-15:30			Break		Break						
15:30-16:15			Badminton		Aeroball						
16:15-17:00	Gym Training		Volleyball								
17:30-18:30	After School Clubs		After School Clubs		After School Clubs						
18:30-19:15	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner		Dinner		
20:15-22:30	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities		Evening Activities	Evening Activities	
22:45	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime		Bedtime	Bedtime	

- This timetable is based on students living in the College. Students, living in homestay accommodation are required to be at the College by 08:45 and eat dinner at their homestay
- This course rotates on a weekly basis



2018 Example Timetable Junior English Plus Sports incl. Horse Riding

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
07:30	Arrival day PowerPoint Presentation Induction and Orientation	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	
07:45-08:45		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
09:00-10:30		English test and Information	(High Season only)	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson	Full-Day Excursion e.g. London	Full-Day Excursion e.g. Portsmouth
10:30-11:00				Break	Break	Break	Break	Break		
11:00-12:30		English Lesson	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson			
12:30-13:30		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch			
13:45-14:30		Half-Day Excursion to Bournemouth	Horse Riding	Bench ball	Horse Riding	Tennis	Jurassic Coast walk to Durlston Country Park including Castle, Lighthouse, Caves, Globe			
14:30-15:15				Swimming		Volleyball				
15:15-15:30				Break	Break	Break				
15:30-16:15				Basketball	Team sports	Relay Games		Aeroball		
16:15-17:00				Gym Training		Kwik Cricket		Badminton		
17:30-18:30	After School Clubs			After School Clubs	After School Clubs	After School Clubs		After School Clubs		
18:30-19:15	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner		
20:15-22:30	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	
22:45	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	

- This timetable is based on students living in the College. Students, living in homestay accommodation are required to be at the College by 08:45 and eat dinner at their homestay
- This course rotates on a weekly basis



2018 Example Timetable Junior English Plus Sports incl. Golf

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
07:30	Arrival day PowerPoint Presentation Induction and Orientation	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up		
07:45-08:45		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		
09:00-10:30		English test and Information	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson	Full-Day Excursion e.g. London	Full-Day Excursion e.g. Portsmouth	
10:30-11:00			Break	Break	Break	Break	Break	Break			
11:00-12:30		(High Season only)	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson			
12:30-13:30		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch			
13:45-14:30		Half-Day Excursion to Bournemouth	Golf	Benchball	Golf	Swimming	Golf	Full-Day Excursion e.g. London			Full-Day Excursion e.g. Portsmouth
14:30-15:15				Gym training		Volleyball					
15:15-15:30				Break		Break					
15:30-16:15				Team sports		Handball					
16:15-17:00				Team sports		Badminton					
17:30-18:30	After School Clubs	After School Clubs	After School Clubs	After School Clubs	After School Clubs	After School Clubs					
18:30-19:15	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner			Dinner
20:15-22:30	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities		
22:45	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime		

- This timetable is based on students living in the College. Students, living in homestay accommodation are required to be at the College by 08:45 and eat dinner at their homestay
- This course rotates on a weekly basis



2018 Example Timetable – Week 1

Junior English through Popular Culture plus Excursions, Fun and Games

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
07:30	Arrival day PowerPoint Presentation Induction and Orientation	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	
07:45-08:45		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
09:00-10:30		English test and Information	(High Season only)	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson	Full Day Excursion (e.g. London)	Full Day Excursion (e.g. Roman / Victorian Bath)
10:30-11:00				Break	Break	Break	Break	Break		
11:00-12:30		English Lesson	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson			
12:30-13:30		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch			
13:30-14:30		Half Day Excursion to Bournemouth	Monkey World Excursion	10 Pin Bowling	Stonhenge Excursion - English Heritage Site	Old Harry's Rock Walk – Jurassic Coast	Poole Quay Excursion			
14:30-15:15										
15:15-15:30										
15:30-16:15										
16:15-17:00										
17:30-18:30			After School Clubs	After School Clubs	After School Clubs	After School Clubs	After School Clubs			
18:30-19:15	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner		
20:15-22:30	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities		
22:45	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime		

- This timetable is based on students living in the College. Students, living in homestay accommodation are required to be at the College by 08:45 and eat dinner at their homestay
- This course rotates on a 3 weekly basis



2018 Example Timetable – Week 2

Junior English through Popular Culture plus Excursions, Fun and Games

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
07:30	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	
07:45-08:45	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
09:00-10:30	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson	Departure Day or Full Day Excursion (e.g. Oxford)	Morning Activities	
10:30-11:00	Break	Break	Break	Break	Break			
11:00-12:30	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson			
12:30-13:30	Lunch	Lunch	Lunch	Lunch	Lunch		Lunch	
13:30-14:30	Activate Indoor Trampoline Park	Interactive Music Club, Samba & Beach Games	Corfe Castle Excursion via Historic Steam Train	Local Cinema Hollywood Theme	Lulworth Cove and Durdle Door Excursion		Departure Day or Full Day Excursion (e.g. Oxford)	Afternoon Activities
14:30-15:15								
15:15-15:30								
15:30-16:15								
16:15-17:00								
17:30-18:30	After School Clubs	After School Clubs	After School Clubs	After School Clubs	After School Clubs			
18:30-19:15	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
20:15-22:30	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	
22:45	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	



2018 Example Timetable – Week 3

Junior English through Popular Culture plus Excursions, Fun and Games

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
07:30	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	
07:45-08:45	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
09:00-10:30	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson	Departure Day or Full Day Excursion (e.g. Southampton)	Morning Activities	
10:30-11:00	Break	Break	Break	Break	Break			
11:00-12:30	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson			
12:30-13:30	Lunch	Lunch	Lunch	Lunch	Lunch		Lunch	
13:30-14:30	UNESCO World Heritage Site – Durlston Castle and Park	Internet Project and Drama	Salisbury and Salisbury Cathedral Excursion	Circus Skills Archery Aeroball Wii Games	Bovington Tank Museum		Departure Day or Full Day Excursion (e.g. Southampton)	Afternoon Activities
14:30-15:15								
15:15-15:30								
15:30-16:15								
16:15-17:00								
17:30-18:30	After School Clubs	After School Clubs	After School Clubs	After School Clubs	After School Clubs			
18:30-19:15	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
20:15-22:30	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	
22:45	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	



2018 Example Timetable – Week 1

Junior English plus Adventure Activities

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
07:30	Arrival day PowerPoint Presentation Induction and Orientation	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	
07:45-08:45		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
09:00-10:30		English test and Information (High Season only)	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson	Full Day Excursion (e.g. London)	Full Day Excursion (e.g. Roman / Victorian Bath)
10:30-11:00										
11:00-12:30		English Lesson	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson		
12:30-13:30		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch		
13:30-14:30		Half Day Excursion to Bournemouth	Clip and Climb	Coasteering (swimming along the rugged coastline, rock jumping, exploring caves)	Paintballing	Interactive Music Club, Archery, Team Building and Aeroball	Paddleboarding	After School Clubs		
14:30-15:15										
15:15-15:30										
15:30-16:15										
16:15-17:00										
17:30-18:30	After School Clubs	After School Clubs	After School Clubs	After School Clubs	After School Clubs	After School Clubs	After School Clubs			
18:30-19:15	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner		
20:15-22:30	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	
22:45	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	

- This timetable is based on students living in the College. Students, living in homestay accommodation are required to be at the College by 08:45 and eat dinner at their homestay
- This course rotates on a 2 weekly basis



2018 Example Timetable – Week 2

Junior English plus Adventure Activities

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
07:30	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	
07:45-08:45	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
09:00-10:30	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson	Departure Day or Full Day Excursion (e.g. Oxford)	Morning Activities	
10:30-11:00	Break	Break	Break	Break	Break			
11:00-12:30	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson			
12:30-13:30	Lunch	Lunch	Lunch	Lunch	Lunch		Lunch	
13:30-14:30	Dorset Water Park (Woodland, Wet Adventure Park)	Quad Biking	Quasar (Laser Shooting Game)	Raft Building	Wet and Wild Jet Boat Ride		Departure Day or Full Day Excursion (e.g. Oxford)	Afternoon Activities
14:30-15:15								
15:15-15:30								
15:30-16:15								
16:15-17:00								
17:30-18:30	After School Clubs	After School Clubs	After School Clubs	After School Clubs	After School Clubs			
18:30-19:15	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
20:15-22:30	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	
22:45	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	



2018 Example Programme – Week 1

Junior English Plus Academic Challenges

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:30	Arrival day PowerPoint Presentation Induction and Orientation	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up
07:45-08:45		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:00-10:30		English test and Information	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson	Full-Day Excursion e.g. London	Full-Day Excursion e.g. Portsmouth
10:30-11:00			Break	Break	Break	Break	Break		
11:00-12:30		(High Season only)	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson		
12:30-13:30		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch		
13:45-14:30		Half-Day Excursion to Bournemouth	Jurassic Coast Introduction and visit to UNESCO World Heritage Site Durlston Castle and Park	Thomas Hardy and Local Literature	Trip to Kimmeridge with Fossil Hunting	Environmental Art	Local and National Customs and Traditions		
14:30-15:15									
15:15-15:30									
15:30-16:15									
16:15-17:00									
17:30-18:30		After School Clubs	After School Clubs	After School Clubs	After School Clubs	After School Clubs			
18:30-19:15	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner		
20:15-22:30	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities
22:45	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime

- This timetable is based on students living in the College. Students, living in homestay accommodation are required to be at the College by 08:45 and eat dinner at their homestay
- This course rotates on a 3 weekly basis



2018 Example Programme – Week 2

Junior English Plus

Academic Challenges

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
07:30	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	
07:45-08:45	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
09:00-10:30	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson	Departure Day or Full Day Excursion (e.g. Oxford)	Morning Activities	
10:30-11:00	Break	Break	Break	Break	Break			
11:00-12:30	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson			
12:30-13:30	Lunch	Lunch	Lunch	Lunch	Lunch		Lunch	
13:45-14:30	British Culture (Food & Drink)	Biology (Pond dipping)	Swanage Town and Local History	Corfe Castle Excursion	Environmental Tourism		Departure Day or Full Day Excursion (e.g. Oxford)	Afternoon Activities
14:30-15:15								
15:15-15:30								
15:30 -16:15								
16:15-17:00								
17:30-18:30	After School Clubs	After School Clubs	After School Clubs	After School Clubs	After School Clubs			
18:30-19:15	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
20:15-22:30	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	
22:45	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	



2018 Example Programme – Week 3

Junior English Plus

Academic Challenges

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
07:30	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	
07:45-08:45	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
09:00-10:30	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson	Departure Day or Full Day Excursion (e.g. Bath)	Morning Activities	
10:30-11:00	Break	Break	Break	Break	Break			
11:00-12:30	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson			
12:30-13:30	Lunch	Lunch	Lunch	Lunch	Lunch		Lunch	
13:45-14:30	Studland Beach Geography and Coastal Studies Fieldwork	Swanage Art Trail	Cinema Trip and Film Analysis	Media	Orienteering		Departure Day or Full Day Excursion (e.g. Bath)	Afternoon Activities
14:30-15:15								
15:15-15:30								
15:30-16:15								
16:15-17:00								
17:30-18:30	After School Clubs	After School Clubs	After School Clubs	After School Clubs	After School Clubs			
18:30-19:15	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
20:15-22:30	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	
22:45	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	