**COVID THREE-DAY SITTING DAY THREE**

8:00-8:55 a.m. Zazen with interval

8:55-9:15 Service

9:15-9:35 Break

9:35-10:05 Zazen

10:05-10:10 Kinhin

10:10-10:50 Lecture

10:50-11:00 Kinhin

11:00-11:30 Zazen

11:30-11:40 Kinhin

11:40-12:20 pm Zazen

12:20-12:30 Service

12:30-1:30 Lunch/break

1:30-2:30 Work Period

2:30-2:35 Clean-Up

2:35-3:15 Zazen

3:15 Shosan