

morning sessions start at 8:30am and go to 10:30am, followed by another set of morning sessions from 10:30am to 12:00pm. Lunch is 1.5 hours in length. Afternoon sessions start at 1:30pm and go to 3:00pm, followed by another set of sessions from 3:00pm to 5:00pm.

Participants choose which sessions they'll attend and when to take breaks, outside of lunch. They can only receive credit for sessions they participate in and only for the durations of their participation in those sessions, not to exceed pre-set times.