Prayer and worship around classes: weekly planner

A weekly grid that puts your prayer, worship or meditation times next to classes, work shifts and commute, with the nearest quiet space for each day.

NAME

DATE

WEEK OF

WHERE MY TIMES COME FROM (COMMUNITY OR INSTITUTION)

CLASSES, SHIFTS AND PRAYER OR WORSHIP TIMES

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Early morning	☐	☐	☐	☐	☐	☐	☐
Morning	☐	☐	☐	☐	☐	☐	☐
Midday	☐	☐	☐	☐	☐	☐	☐
Afternoon	☐	☐	☐	☐	☐	☐	☐
Evening	☐	☐	☐	☐	☐	☐	☐
Night	☐	☐	☐	☐	☐	☐	☐

Day	Nearest prayer or quiet space on campus	Opening hours	Notes
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

SOURCES (CHECKED 2026-11-26)

The University of Toronto's Multi-Faith Centre at 569 Spadina Avenue has four rooms available for prayer, worship and other spiritual practices. https://studentlife.utoronto.ca/department/multi-faith-centre/ (checked 2026-11-26)
McGill's Office of Religious and Spiritual Life says all McGill students can access its programming, support and spiritual care. https://www.mcgill.ca/morsl/ (checked 2026-11-26)