

HS/MS All Day

Period 1	8:00 – 9:00
Period 2	9:05 – 9:50
HS Nutrition	9:50 – 10:00
<i>MS Period 3</i>	<i>9:55 – 10:40</i>
HS Period 3	10:05–10:50
<i>MS Nutrition</i>	<i>10:40–10:50</i>
Period 4	10:55–11:40
HS Lunch	11:40–12:10
<i>MS Period 5</i>	<i>11:45–12:30</i>
HS Period 5	12:15 – 1:00
<i>MS Lunch</i>	<i>12:30 – 1:00</i>
Period 6	1:05 – 1:50
Period 7	1:55 – 2:40

HS/MS Odd Day

Period 1	8:00 – 9:30
Nutrition	9:30 – 9:40
Period 3	9:45 – 11:10
HS Lunch	11:10–11:40
<i>MS Period 5</i>	<i>11:15–12:40</i>
HS Period 5	11:45 – 1:10
<i>MS Lunch</i>	<i>12:40 – 1:10</i>
Period 7	1:15 – 2:40

HS/MS Even Day
Awaken/GL Seminar
HS Long Lunch

Period 2	8:00 – 9:30
HS Nutrition	9:30 – 9:40
<i>MS GL Seminar</i>	<i>9:35 – 10:05</i>
HS Period 4	9:45 – 11:10
<i>MS Nutrition</i>	<i>10:05–10:15</i>
<i>MS Awaken</i>	<i>10:20–11:10</i>
HS Awaken	11:15–12:00
<i>MS Period 4</i>	<i>11:15–12:40</i>
HS Long Lunch	12:00–12:40
<i>MS Lunch</i>	<i>12:40 – 1:10</i>
HS GL Seminar	12:45–1:10
Period 6	1:15 – 2:40