

Sample Schedule  
Block Scheduling  
School Hours: 8:30 - 3:45

Time	A Day	B Day	A Day	B Day	A Day	B Day
7:40 - 7:50						
7:50 - 8:00						
8:00 - 8:10	<b>Group 1</b>	<b>Group 1</b>	<b>Group 1</b>	<b>Group 1</b>	<b>Group 1</b>	<b>Group 1</b>
8:10 - 8:20	8:00 Start up	8:00 Start up	8:00 Start up	8:00 Start up	8:00 Start up	8:00 Start up
8:20 - 8:30	8:00-9:30	8:00-9:30	8:00-9:30	8:00-9:30	8:00-9:30	8:00-9:30
8:30 - 8:40	Period 1	Period 4	Period 1	Period 4	Period 1	Period 4
8:40 - 8:50	6 exercises	6 exercises	6 exercises	6 exercises	6 exercises	6 exercises
8:50 - 9:00						
9:00 - 9:10						
9:10 - 9:20						
9:20 - 9:30						
9:30 - 9:40						
9:40 - 9:50						
9:50 - 10:00						
10:00 - 10:10						
10:10 - 10:20	Period 2	Period 5	Period 2	Period 5	Period 2	Period 5
10:20 - 10:30	10:10 Start up	10:10 Start up	10:10 Start up	10:10 Start up	10:10 Start up	10:10 Start up
10:30 - 10:40	10:10-11:40	10:10-11:40	10:10-11:40	10:10-11:40	10:10-11:40	10:10-11:40
10:40 - 10:50	6 exercises	6 exercises	6 exercises	6 exercises	6 exercises	6 exercises
10:50 - 11:00						
11:00 - 11:10	<b>Group 2</b>	<b>Group 2</b>	<b>Group 2</b>	<b>Group 2</b>	<b>Group 2</b>	<b>Group 2</b>
11:10 - 11:20						
11:20 - 11:30						
11:30 - 11:40						
11:40 - 11:50						
11:50 - 12:00						
12:00 - 12:10						
12:10 - 12:20						
12:20 - 12:30						
12:30 - 12:40	Period 3	Period 7	Period 3	Period 7	Period 3	Period 7
12:40 - 12:50	Class time	Class time	Class time	Class time	Class time	Class time
12:50 - 1:00	12:30-1:15	12:30-1:15	12:30-1:15	12:30-1:15	12:30-1:15	12:30-1:15
1:00 - 1:10						
1:10 - 1:20						
1:20 - 1:30	<b>Group 3</b>	<b>Group 3</b>	<b>Group 3</b>	<b>Group 3</b>	<b>Group 3</b>	<b>Group 3</b>
1:30 - 1:40	1:20 Startup	1:20 Startup	1:20 Startup	1:20 Startup	1:20 Startup	1:20 Startup
1:40 - 1:50	1:20-2:50	1:20-2:50	1:20-2:50	1:20-2:50	1:20-2:50	1:20-2:50
1:50 - 2:00	6 exercises	6 exercises	6 exercises	6 exercises	6 exercises	6 exercises
2:00 - 2:10	Period 4	Period 8	Period 4	Period 8	Period 4	Period 8
2:10 - 2:20						
2:20 - 2:30						
2:30 - 2:40						
2:40 - 2:50						
2:50 - 3:00	Class time	Class time	Class time	Class time	Class time	Class time
3:00 - 3:10	2:55-3:40	2:55-3:40	2:55-3:40	2:55-3:40	2:55-3:40	2:55-3:40
3:10 - 3:20						
3:20 - 3:30						
3:30 - 3:40						
3:40 - 3:50						
3:50 - 4:00						
4:00 - 4:10						
4:10 - 4:20						
4:20 - 4:30						
4:30 - 4:40						

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Time	A Day	B Day	A Day	B Day	A Day	B Day
7:40 - 7:50						
7:50 - 8:00						
8:00 - 8:10	<b>Group 1</b>			<b>Group 1</b>	<b>Group 1</b>	
8:10 - 8:20	2 exercises			2 exercises	2 exercises	
8:20 - 8:30	8:00-8:30			8:00-8:30	8:00-8:30	
8:30 - 8:40	Period 1	Period 4	Period 1	Period 4	Period 1	Period 4
8:40 - 8:50		10:10 Start up	10:10 Start up			10:10 Start up
8:50 - 9:00		10:10-11:40	10:10-11:40			10:10-11:40
9:00 - 9:10		6 exercises	6 exercises			6 exercises
9:10 - 9:20						
9:20 - 9:30		<b>Group 1</b>	<b>Group 1</b>			<b>Group 1</b>
9:30 - 9:40						
9:40 - 9:50						
9:50 - 10:00						
10:00 - 10:10						
10:10 - 10:20	Period 2	Period 5	Period 2	Period 5	Period 2	Period 5
10:20 - 10:30	10:10 Start up		10:10 Start up		10:10 Start up	
10:30 - 10:40	10:10-11:40		10:10-11:40		10:10-11:40	
10:40 - 10:50	6 exercises		6 exercises		6 exercises	
10:50 - 11:00						
11:00 - 11:10	<b>Group 2</b>		<b>Group 2</b>		<b>Group 2</b>	
11:10 - 11:20						
11:20 - 11:30						
11:30 - 11:40						
11:40 - 11:50						
11:50 - 12:00						
12:00 - 12:10						
12:10 - 12:20						
12:20 - 12:30						
12:30 - 12:40	Period 3	Period 7	Period 3	Period 7	Period 3	Period 7
12:40 - 12:50		12:30 Start up		12:30 Start up		12:30 Start up
12:50 - 1:00		12:30-2:00		12:30-2:00		12:30-2:00
1:00 - 1:10		6 exercises		6 exercises		6 exercises
1:10 - 1:20						
1:20 - 1:30		<b>Group 2</b>		<b>Group 2</b>		<b>Group 2</b>
1:30 - 1:40						
1:40 - 1:50						
1:50 - 2:00						
2:00 - 2:10	Period 8	Period 8	Period 8	Period 8	Period 8	Period 8
2:10 - 2:20						
2:20 - 2:30						
2:30 - 2:40						
2:40 - 2:50						
2:50 - 3:00						
3:00 - 3:10						
3:10 - 3:20						
3:20 - 3:30						
3:30 - 3:40						
3:40 - 3:50	<b>Group 1</b>			<b>Group 1</b>	<b>Group 1</b>	
3:50 - 4:00	3:40 Startup			3:40 Startup	3:40 Startup	
4:00 - 4:10	3:40-4:40			3:40-4:40	3:40-4:40	
4:10 - 4:20	4 exercises			4 exercises	4 exercises	
4:20 - 4:30						
4:30 - 4:40						
4:40 - 4:50						