MONDAY - SATURDAY

DAILY SCHEDULE

SL. NO.	ACTIVITY / CLASSES	TIME
1	Wake Up Call	5:50 AM - 6:00 AM
2	Morning Conditioning	6:00 AM - 6:30 AM
3	PT / Yoga	6:30 AM - 7:00 AM
4	Breakfast	7:00 AM - 7:30 AM
5	Remedial Hours (Self Study)	7:30 AM - 8:00 AM
6	Bath / Getting Ready for School	8:00 AM - 8:30 AM
7	Morning Devotion	8:30 AM - 8:50 AM
8	Academic Hours (1)	9:00 AM - 10:00 AM
9	Academic Hours (2)	10:00 AM - 11:00 AM
10	Academic Hours (3)	11:00 AM - 12:00 PM

RESIDENTIAL (HOSTEL)

11	Rest and Change	12:00 PM - 12:30 PM
12	Lunch	12:30 PM - 1:15 PM
13	Academic Hours (4)	1:15 PM - 2:00 PM
14	Rest and Change	2:00 PM - 3:00 PM
15	Recreation (1)	3:00 PM - 4:00 PM
16	Recreation (2)	4:00 PM - 5:00 PM
17	Eve. Snacks & Shower	5:00 PM - 5:45 PM
18	Program & Activity	5:45 PM - 6:30 PM
19	Entrance Coaching	6:30 PM - 7:15 PM
20	Supervision & Remedial	7:15 PM - 8:00 PM
21	Dinner	8:00 PM - 9:00 PM
22	Self Study	9:00 PM - 10:00 PM
23	Lights Off	10:00 PM

NON-RESIDENTIAL

Nutrition Break	11
ABLP	12
Academic Hours (4)	13

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