

TIME TABLE FOR MORNING PHYSICAL FITNESS CLASSES ON MS TEAMS

III -V

CLASS →	III	IV	V
TIMING	7:00AM TO 7:25AM	7:00AM TO 7:25AM	7:25 AM TO 7:50 AM
MONDAY	P.T	YOGA	YOGA
TUESDAY	P.T	YOGA	YOGA
WEDNESDAY	YOGA	M.ART	P.T
THURSDAY	YOGA	M.ART	P.T
FRIDAY	M.ART	P.T	M.ART
SATURDAY	M.ART	P.T	M.ART

TIME TABLE FOR MORNING PHYSICAL FITNESS CLASSES ON MS TEAMS

VI - VIII

CLASS →	VI	VII	VIII
TIMING	7:25 AM TO 7:50 AM	7:00AM TO 7:25AM	7:25 AM TO 7:50 AM
MONDAY	P.T	M.ART	M.ART
TUESDAY	P.T	M.ART	M.ART
WEDNESDAY	M.ART	P.T	YOGA
THURSDAY	M.ART	P.T	YOGA
FRIDAY	YOGA	YOGA	P.T
SATURDAY	YOGA	YOGA	P.T