

**Natural High School - 180 minutes daily requirement per session**

7:45-8:00	Breakfast	Minutes
<b>AM SESSION</b>		
8:00-9:00	1st Period	60
9:00-10:00	2nd Period	60
10:00-10:10	BREAK	10
10:10-11:10	3rd Period	60
11:10-12:00	LUNCH	50
		<b>180</b>
<b>PM SESSION</b>		
12:00-1:00	4th Period	60
1:00-2:00	5th Period	60
2:00-2:10	BREAK	10
2:10-3:10	6th Period	60
		<b>180</b>