

NORMAL #1		
Period	Time	Minutes
1	8:00 - 8:45	45
2	8:49-9:34	45
3	9:38-10:23	45
FLEX	10:27-10:52	25
4	10:56-11:19	23
	11:23-11:46	23
	11:50-12:13	23
5	12:17-1:02	45
6	1:06-1:51	45
7	1:55-2:40	45