



Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
8:50-9:00	Greetings and Announcements					
9:00-9:35 (35)						
9:35-10:05 (30)						
10:05-10:35 (30)						
Nutrition Break 10:35 (15) Activity Break 10:50 (30)						
11:20-11:55 (35)						
11:55-12:25 (30)						
12:25-12:55 (30)						
Nutrition Break 12:55 (25) Activity Break 1:20 (30)						
1:50-2:25 (35)						
2:25-2:55 (30)						
2:55-3:30 (35)						