



The Plenum School

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Bio-rhythm

Monday to Friday			Saturday		
S.N	Task/ Activity	Timings	S.N	Task/ Activity	Timings
1	Wake-up call	06:00am-06:10am	1	Wake-up call	06:00am-06:10am
2	Morning activity/fitness	06:10am-06:50am	2	Morning activity/fitness	06:10am-06:50am
3	Bath and change	06:50am-07:35am	3	Bath and change	06:50am-07:35am
4	DEAR	07:35am-08:05am	4	DEAR	07:35am-08:05am
5	Assembly	08:05am-08:30am	5	Assembly	08:05am-08:30am
6	Breakfast	08:30am-08:55am	6	Breakfast	08:30am-08:55am
7	1 st Lesson	09:00am-09:40am	7	1 st Lesson	09:00am-09:40am
8	2 nd Lesson	09:40am-10:20am	8	2 nd Lesson	09:40am-10:20am
9	3 rd Lesson	10:20am-11:00am	9	3 rd Lesson	10:20am-11:00am
10	Morning snacks	11:00am-11:15am	10	Morning snacks	11:00am-11:15am
11	4 th Lesson	11:20am-12:00pm	11	Grammar {Juniors (Grade 1-6)}	11:30am-12:00pm
12	5 th Lesson	12:00pm-12:40pm	12	Movie (Juniors)/ Interclass Activities/Competition	12:00pm-02:00pm
13	6 th Lesson	12:40pm-01:20pm	13	Movie (Seniors) / Interclass Activities/Competition	11:30am-02:00pm
14	7 th Lesson	01:20pm-02:00pm	14	Grammar (Seniors)	01:30pm-02:00pm
15	Lunch	02:00pm-02:30pm	15	Lunch	02:00pm-02:30pm
16	Rest	02:30pm-03:30pm	16	Rest	02:30pm-03:30pm
17	Prep	03:30pm-04:30pm	17	Prep	03:30pm-04:30pm
18	Sports	04:30pm-05:45pm	18	Sports/ Nature Walk/ Trekking/	04:30pm-05:45pm
19	Astachal	05:45pm-06:00pm	19	Astachal	05:45pm-06:00pm
20	Evening Snacks	06:00pm-06:15pm	20	Evening Snacks	06:00pm-06:15pm
21	Bath and Change	06:15pm-06:45pm	21	Bath and Change	06:15pm-06:45pm
22	NEWS	06:45pm-07:15pm	22	Remedial	06:45pm-07:30pm
23	Remedial	07:15pm-08:00pm	23	Panchayat	07:30pm-08:00pm
24	Dinner	08:00pm-08:30pm	24	Dinner	08:00pm-08:30pm
25	Laundry/ Medicines	08:30pm-08:45pm	25	Laundry/ Medicines	08:30pm-08:45pm
26	After dinner prep/ Bonding time	08:45pm-09:30pm	26	DJ night/Bonfire/ Other Activities/ After dinner prep	08:45pm-09:45pm
27	Lights out for juniors	09:30pm	27	Lights out for juniors	10:00pm
28	Lights out for seniors	10:00pm	28	Lights out for seniors	10:30pm



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Bio-rhythm (Sunday)

S.N	Task/ Activity	Timings	Remarks
1	Wake-up call	08:30am	
2	Breakfast	09:30am-10:00am	
3	Phone time	10:30am-01:30pm	
4	Lunch	02:00pm-02:30pm	
5	Rest	02:30pm-03:30pm	
6	Movie (If not on Saturday)/ Free Sports	03:30pm-06:00pm	
7	Evening Snacks	06:00pm-06:20pm	
8	Free Sports/ Rest	06:00pm-08:00pm	
9	Dinner	08:00pm-08:30pm	
10	Light out (juniors)	09:30pm	
11	Light out (seniors)	10:00pm	