

ZIA SCHOOL DAY - FULL BOARDING			
Starting Time	End Time	Activity	Duration
5:00		Wake up	
5:00	5:45	Getting ready for Hifdh/Shower	45
5:45	6:15	Fajr Salah	30
6:15	6:45	Breakfast	30
6:45	9:45	Quran/Hifdh Session	180
9:45	10:00	Refreshment	15
10:00	10:15	Getting ready for School	15
10:15	10:30	Morning Assembly	15
10:30	11:10	School Lesson 1	40
11:10	11:50	School Lesson 2	40
11:50	12:30	School Lesson 3	40
12:30	1:00	Lunch	30
1:00	1:45	Rest Time	45
1:45	2:00	Zohr Salah	15
2:00	2:40	School Lesson 4	40
2:40	3:20	School Lesson 5	40
3:20	4:00	School Lesson 6	40
4:00	4:15	Refreshment/Getting ready for Sports	15
4:15	4:30	Asr Salah	15
4:30	5:30	Unstructured Play	60
5:30	5:45	Getting ready for Quran Lesson	15
5:45	6:15	Maghrib Salah	30
6:15	8:00	Quran/Hifdh Session	105
8:00	8:30	Dinner	30
8:30	9:00	Isha Salah	30
9:00	9:15	Milk	15
9:15	9:30	Getting ready for Sleep/Toothbrush	15
9:30	5:00	Lights Out / Sleeping Time	450
			1440