

## ZIA SCHOOL DAY wef 07/11/2023

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Starting Time	End Time	Duration	Activity	Hifz Students
5:00 AM			Wake up	
5:00 AM	6:00 AM	60	Getting ready for school	Hifz Time
6:00 AM	6:30 AM	30	Fajr Salah (6:15 am)	
6:30 AM	7:00 AM	30	Breakfast	
7:00 AM	7:15 AM	15	Morning Assembly	
7:15 AM	7:55 AM	40	School Lesson 1	
7:55 AM	8:35 AM	40	School Lesson 2	
8:35 AM	9:15 AM	40	School Lesson 3	
9:15 AM	9:55 AM	40	School Lesson 4	
9:55 AM	10:25 AM	30	Refreshment Break	
10:25 AM	11:05 AM	40	School Lesson 5	
11:05 AM	11:45 AM	40	School Lesson 6	
11:45 AM	12:30 PM	45	Whole School English Speaking Session	
12:30 PM	1:00 PM	30	Lunch	
1:00 PM	2:00 PM	60	Rest Time	
2:00 PM	2:15 PM	15	Zohar Salah (2:00 pm)	
2:15 PM	4:15 PM	120	Unstructured Activities / Clubs	Hifz Time
4:15 PM	4:45 PM	30	Asr Salah (4:25 pm) and Refreshment	
4:45 PM	5:45 PM	45	Sports and Games	
5:45 PM	6:15 PM	30	Maghrib Salah	
6:15 PM	7:15 PM	60	Quran Session/Self study	Hifz Time
7:15 PM	8:15 PM	60	Quran Session/Self study	Hifz Time
8:15 PM	8:45 PM	30	Dinner	
8:45 PM	9:00 PM	15	Isha Salah (8:45 pm)	
9:00 PM	9:15 PM	15	Milk/Getting ready for sleep	
9:15 PM	5:00 AM	465	Lights Out / Sleeping Time	
<b>Total</b>		<b>1440</b>		