

# CIS Secondary Foundation programme timetable (Grades 7-8).

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8.30am - 8.40am	Advisory				
8.40am - 8.45am	English				
8.45am - 10.05am					
10.05am - 10.25am	Break				
10.25am - 11.40am	Math	Science	Math	INS	PHE
11.40am - 11.45am	Break				
11.45am - 12.30pm	Math	Science	Science	INS	INS
12.30pm - 1.05pm	English				
1.05pm - 1.35pm	Lunch				
1.35pm - 2.10pm	SMART				
2.10pm - 3.30pm	English				Study skills
3.30pm - 4.30pm	After school				