



**Rugby Free Secondary School: Timings of the School Day and Week**

Activity	Allocation	Timings
Doors Open	8.40am	5 minutes
Tutor Time	8.45am - 9.05am	20 minutes
Period 1	9.05am - 10.05am	1 hour
Period 2	10.05am - 11.05am	1 hour
Break	11.05am - 11.25am	20 minutes
Period 3	11.25am - 12.25pm	1 hour
Period 4	12.25pm - 1.25pm	1 hour
Lunch	1.25pm - 2.10pm	45 minutes
Period 5	2.10pm - 3.10pm	1 hour

**Daily Total: 6 hours, 30 minutes**

**Weekly Total: 32 hours, 30 minutes**