

7 period day

7:50-8:40am – hour 1 (50)
8:45-9:34am – hour 2 (49)
9:39-10:28am – hour 3 (49)
10:33-11:23am – hour 4 (50)
11:26-11:51am Lunch A
11:51-12:16am Lunch B
12:20-1:10pm – hour 5 (50)
1:15-2:05pm – hour 6 (50)
2:10-3:00pm – hour 7 (50)

Odd block

7:50-9:21am – hour 1 (91)
9:26-10:57am – hour 3 (91)
11:01-11:26am Lunch A
11:26-11:51am Lunch B
11:55-1:25pm – hour 5 (90)
1:30-3:00pm – hour 7 (90)

Even block

7:50-9:22am – hour 2 (92)
9:27-9:57am – advisory
10:02-11:34am – hour 4 (92)
11:38-12:03pm Lunch A
12:03-12:28pm Lunch B
12:33-2:05pm – hour 6 (92)
2:10-3:00pm – seminar

For the minutes to come out remotely close, seminar and advisory each had 5 minutes added.