

# Lafayette NTI2DL Class Schedule 2020-2021

Time/Day	Monday 9/14	Tuesday 9/15	Wednesday 9/16	Thursday 9/17	Friday 9/18
	A	B	C	A	B
8:00-8:25	Mindful Start: 25 minutes Mindfulness/Meditation/Yoga Session via Mrs. Howard (Instagram: @lhsgeneralfitness)				
8:30-8:35	Morning Announcements From the Principals	School Updates	-Social Emotional Learning -Check and Connect -Catch-up on Work Day -Curbside Library Book Pickup	Morning Announcements From the Principals	School Updates
<b>8:35-9:50</b>	<b>A1</b>	<b>B1</b>		<b>A1</b>	<b>B1</b>
9:50-10:05	Physical Activity Movement Break: Go outside, take a walk, run, etc	Physical Activity Movement Break: Go outside, take a walk, run, etc		Physical Activity Movement Break: Go outside, take a walk, run, etc	Physical Activity Movement Break: Go outside, take a walk, run, etc
<b>10:05-11:20</b>	<b>A2</b>	<b>B2</b>		<b>A2</b>	<b>B2</b>
11:30-12:00	Arts Showcase Series	Cooking with Chef (Instagram: @mcbrides_culinary)		Arts Showcase Series	Cooking with Chef (Instagram: @mcbrides_culinary)
11:30-12:30	Lunch				
<b>12:30-1:45</b>	<b>A3</b>	<b>B3</b>	-Club Meetings -Rehearsals -Curbside Library Book Pickup	<b>A3</b>	<b>B3</b>
1:45-2:00	Take 10 Workout with LHS Health and PE Department (Lafayette Fitness YouTube Channel)	Take 10 Workout with LHS Health and PE Department (Lafayette Fitness YouTube Channel)		Take 10 Workout with LHS Health and PE Department (Lafayette Fitness YouTube Channel)	Take 10 Workout with LHS Health and PE Department (Lafayette Fitness YouTube Channel)
<b>2:00-3:15</b>	<b>A4</b>	<b>B4</b>		<b>A4</b>	<b>B4</b>
3:30-4:00	Social Activity/Office hours				