

Cohort 1: (Teams Tropical, Tsunami and Firestorm)

Shape of the Day

8:40 – 8:50	Care Planning	
8:50 – 9:25	Block 1	<i>Morning time 1</i>
9:25 – 10:10	Block 2	
10:10 – 10:20	Nutrition Break	
10:20 – 11:05	Block 3	<i>Morning time 2</i>
11:05 – 11:50	Block 4	
11:50 – 12:15	Outside Lunch	
12:15 – 12:30	Inside Lunch	
12:30 – 1:15	Block 5	<i>Afternoon time</i>
1:15 – 2:00	Block 6	
2:00 – 2:47	Block 7	

Cohort 2: (Teams Tornado, Hurricane and Thunder)

Shape of the Day

8:50 – 9:00	Care Planning	
9:00 – 9:35	Block 1	<i>Morning time 1</i>
9:35 – 10:20	Block 2	
10:20 – 10:30	Nutrition Break	
10:30 – 11:15	Block 3	<i>Morning time 2</i>
11:15 – 12:00	Block 4	
12:00 – 12:15	Inside Lunch	
12:15 – 12:40	Outside Lunch	
12:40 – 1:25	Block 5	<i>Afternoon time</i>
1:25 – 2:10	Block 6	
2:10 – 2:57	Block 7	