

Time Zone		CLASS BLOCK A	BREAK	CLASS BLOCK B	LUNCH BREAK!	CLASS BLOCK C	BREAK	Wrap-Up
	Start/Stop time	<i>Zoom Invite 1</i>		<i>Zoom Invite 2</i>		<i>Zoom Invite 3</i>		<i>Zoom 4</i>
	DAY 1	90 MINUTES	30 MINUTES	90 MINUTES	60 MINUTES	90 MINUTES	30 MINUTES	60 MINUTES
Pacific	7:00 AM-2:30 PM	7:00 AM - 8:30 AM	8:30-9:00 AM	9:00 AM - 10:30 AM	10:30-11:30	11:30 AM - 1:00 PM	1:00-1:30	1:30 - 2:30
Mountain	8:00 AM-3:30 PM	8:00 AM - 9:30 AM	9:30-10:00 AM	10:00 AM - 11:30 AM	11:30-12:30 PM	12:30 PM - 2:00 PM	2:00-2:30	2:30 - 3:30
Central	9:00 AM-4:30 PM	9:00 AM - 10:30 AM	10:30-11:00 AM	11:00 AM - 12:30 AM	12:30-1:30 PM	1:30 PM - 3:00 PM	3:00-3:30	3:30 - 4:30
Eastern	10:00 AM-5:30 PM	10:00 AM - 11:30 PM	11:30-12:00 PM	12:00 PM - 1:30 PM	1:30-2:30 PM	2:30 PM - 4:00 PM	4:00-4:30	4:30 - 5:30
Time Zone		CLASS BLOCK D	BREAK	CLASS BLOCK E	LUNCH BREAK!	CLASS BLOCK F	BREAK	Wrap-Up
	Start/Stop time	<i>Zoom Invite 5</i>		<i>Zoom Invite 6</i>		<i>Zoom Invite 7</i>		<i>Zoom 8</i>
	DAY 2	90 MINUTES	30 MINUTES	90 MINUTES	45 MINUTES	90 MINUTES	30 MINUTES	60 MINUTES
Pacific	7:00 AM-2:30 PM	7:00 AM - 8:30 AM	8:30-9:00 AM	9:00 AM - 10:30 AM	10:30-11:30	11:30 AM - 1:00 PM	1:00-1:30	1:30 - 2:30
Mountain	8:00 AM-3:30 PM	8:00 AM - 9:30 AM	9:30-10:00 AM	10:00 AM - 11:30 AM	11:30-12:30 PM	12:30 PM - 2:00 PM	2:00-2:30	2:30 - 3:30
Central	9:00 AM-4:30 PM	9:00 AM - 10:30 AM	10:30-11:00 AM	11:00 AM - 12:30 AM	12:30-1:30 PM	1:30 PM - 3:00 PM	3:00-3:30	3:30 - 4:30
Eastern	10:00 AM-5:30 PM	10:00 AM - 11:30 PM	11:30-12:00 PM	12:00 PM - 1:30 PM	1:30-2:30 PM	2:30 PM - 4:00 PM	4:00-4:30	4:30 - 5:30
Time Zone		CLASS BLOCK G	BREAK	CLASS BLOCK H	LUNCH BREAK!	CLASS BLOCK I	BREAK	Wrap-Up
	Start/Stop time	<i>Zoom Invite 9</i>		<i>Zoom Invite 10</i>		<i>Zoom Invite 11</i>		<i>Zoom 12</i>
	DAY 3	90 MINUTES	30 MINUTES	90 MINUTES	45 MINUTES	90 MINUTES	30 MINUTES	60 MINUTES
Pacific	7:00 AM-2:30 PM	7:00 AM - 8:30 AM	8:30-9:00 AM	9:00 AM - 10:30 AM	10:30-11:30	11:30 AM - 1:00 PM	1:00-1:30	1:30 - 2:30
Mountain	8:00 AM-3:30 PM	8:00 AM - 9:30 AM	9:30-10:00 AM	10:00 AM - 11:30 AM	11:30-12:30 PM	12:30 PM - 2:00 PM	2:00-2:30	2:30 - 3:30
Central	9:00 AM-4:30 PM	9:00 AM - 10:30 AM	10:30-11:00 AM	11:00 AM - 12:30 AM	12:30-1:30 PM	1:30 PM - 3:00 PM	3:00-3:30	3:30 - 4:30
Eastern	10:00 AM-5:30 PM	10:00 AM - 11:30 PM	11:30-12:00 PM	12:00 PM - 1:30 PM	1:30-2:30 PM	2:30 PM - 4:00 PM	4:00-4:30	4:30 - 5:30