

SAINIK SCHOOL REWA
DAILY ROUTINE

ACTIVITY	TIMINGS
PT Sat (Off) (Monday to Friday)	0600 – 0650 Hr
Breakfast	0730 – 0810 Hr
Assembly	0815 – 0830 Hr
I Period	0840 – 0920 Hr
II Period	0920 – 1000 Hr
III Period	1000 – 1040 Hr
IV Period	1040 – 1120 Hr
Break	1120 – 1140 Hr
V Period	1140 – 1215 Hr
VI Period	1215 – 1250 Hr
VII Period	1250 – 1325 Hr
VIII Period (Club & GS)	1325 – 1400 Hr
Lunch	1400 – 1440 Hr
NCC (Tuesday & Friday)	1515 – 1715 Hr
Games/Sports	1600 – 1700 Hr
Tea	1715 – 1730 Hr
Evening Prep	1800 – 1955 Hr
Dinner	2000 – 2030 Hr
Night Prep (In Houses)	2040 – 2200 Hr
Lights-out	2215 Hr