

FRELINGHUYSEN MIDDLE SCHOOL

Regular Schedule – Full Block Classes (2022-2023)

| | Grade 6 | | Grade 7 | | Grade 8 | |
|-------|--|---|--|--|---|--|
| HR | 7:55 – 8:10 | | 7:55 – 8:10 | | 7:55 – 8:10 | |
| 1 & 2 | 8:13 – 9:35 | | 8:13 – 9:35 | | 8:13 – 9:35 | |
| 3 & 4 | 9:38 – 11:00 Cycle/PE | | 9:38 – 10:06 10:07–10:32 (L1) 10:33 – 11:27 | 9:38 – 10:32 10:33–10:58 (L2) 10:59 – 11:27 | 9:38 – 11:00 | |
| 5 & 6 | 11:03–11:28 (L1) 11:30 – 12:53 | 11:03 – 11:28 11:30–11:55 (L2) 11:56 – 12:53 | 11:30–12:53 Cycle/ PE | | 11:03 – 11:57 11:59–12:24 (L1) 12:25 – 12:53 | 11:03 – 12:26 12:28–12:53 (L2) |
| 7 & 8 | 12:56 – 2:18 | | 12:56 – 2:18 | | 12:56 – 2:18 Cycle/PE | |

| Grade 6 | | Grade 7 | | Grade 8 | |
|----------|----------|----------|----------|----------|----------|
| A | B | A | B | A | B |
| 1 | 2 | 1 | 2 | 1 | 2 |
| Cycle/PE | Cycle/PE | 3 | 4 | 3 | 4 |
| 5 | 6 | Cycle/PE | Cycle/PE | 5 | 6 |
| 7 | 8 | 7 | 8 | Cycle/PE | Cycle/PE |

FRELINGHUYSEN MIDDLE SCHOOL

Regular Schedule – PE/Cycle Classes

2022-2023

| | Grade 6 | | Grade 7 | | Grade 8 | |
|-------|-------------|-------------|---------------|---------------|--------------|-------------|
| HMRM | 7:55 – 8:10 | | 7:55 – 8:10 | | 7:55 – 8:10 | |
| | CYCLE 1 | CYCLE 2 | CYCLE 1 | CYCLE 2 | CYCLE 1 | CYCLE 2 |
| 1 & 2 | | | | | | |
| 3 & 4 | 9:38-10:18 | 10:21-11:00 | | | | |
| 5 & 6 | | | 11:30 – 12:10 | 12:13 – 12:53 | | |
| 7 & 8 | | | | | 12:56 – 1:36 | 1:39 – 2:18 |