

TIME TABLE FOR MORNING P.T 5.30 to 6.15 FOR GIRLS 2015-2016

Girls

Sl.No	Days	Aravali	Nilgiri	Shivalik	Udaygiri
1	MONDAY	Jogging Yoga	Jogging Yoga	Jogging Yoga	Jogging Yoga
2	TUESDAY	Jogging Exercise	Jogging Exercise	Jogging Exercise	Jogging Exercise
3	WEDNESDAY	Jogging Yoga	Jogging Yoga	Jogging Yoga	Jogging Yoga
4	THURSDAY	Jogging Exercise	Jogging Exercise	Jogging Exercise	Jogging Exercise
5	FRIDAY	Jogging Yoga	Jogging Yoga	Jogging Yoga	Jogging Yoga
6	SATURDAY	Jogging Exercise	Jogging Exercise	Jogging Exercise	Jogging Exercise