

Daily Time Table: NEET 90 : Special Studies Program

Morning Non Academic Routine		
5:00 AM	Wake up time	
5:00 AM to 5:30 AM	Get Ready for Physical Workout	
5:30 AM to 6:15 AM	Physical Workout	
6:15 AM to 7:15 AM	Get Ready for Academic Session	
7:15 AM to 7:45 AM	Breakfast	

Morning Academic Session		
7:45 AM to 9:15 AM	Academic Class (I)	
9:15 AM to 10:45 AM	Academic Class (II)	
10:45 AM to 11:00 AM	Academic Interval	
11:00 AM to 12:00 PM	Academic Class (III)	
12:00 PM to 1:00 PM	Academic Class (IV)	

Lunch break and Rest		
1:00 PM	to	2:30 PM

Afternoon Academic Session		
2:30 PM to 4:00 PM	Academic Class (V)	
4:00 PM to 5:30 PM	Academic Class (VI)	

Evening Non Academic Routine		
5:30 PM To 6:30 PM	Supper (Evening Snack)	
	And	
	Playing	

Evening Academic Session		
6:30 PM to 7:30 PM	Self Studies and Revision (I)	
7:30 PM to 8:30 PM	Self Studies and Revision (II)	
8:30 PM to 9:30 PM	Self Studies and Revision (III)	

Evening Academic Session		
9:30 PM to 10:00 PM	Dinner	
10:00 PM to 10:30 PM	Call to Home & after dinner Walk	
10:30 PM to 5:00 AM	Sleeping Hours	

Above noted schedule can be changed on as per conditional demand. NEET 90 Special Studies Program is decisive authority.