

Bal Vihar Class Schedule: 2022 -2023

| Time | Group K- 1 | Group 1A | Group 2A | Group 3A |
|------------|---------------------------------|---------------------------------|--------------------------------|-------------------------------|
| 10:00 a.m. | Arathi Class Room # 5 | Arathi Class Room # 10 | Arathi Class Room # 11 | Arathi Class Room # 4 |
| 10:05 a.m. | Class Instruction Room # 5 | Class Instruction Room # 10 | Class Instruction Room # 11 | Class Instruction Room # 4 |
| 10:55 a.m. | Break | Break | Break | Break |
| 11.05 a.m. | Transition to Yoga/Bhajan | Transition to Yoga/Bhajan | Transition to Yoga/Bhajan | Transition to Yoga/Bhajan |
| 11.15 a.m. | Stage Right Room #6 (Bhajan) | Stage Left Room #9 (Yoga) | Stage Area Center (Bhajan) | Center Hall (Yoga) |
| 11.45 a.m | Stage Right Room # 6 (Yoga) | Stage Left Room # 9 (Bhajan) | Stage Area Center (Yoga) | Center Hall (Bhajan) |
| 12:20 p.m. | Dismissal | Dismissal | Dismissal | Dismissal |

Bal Vihar Class Schedule: 2022 -2023

| Time | Group 4A | Group 5A | Group 6A | Group 7A |
|------------|---|-----------------------------------|-----------------------------------|--------------------------------|
| 10:00 a.m. | Assembly Stage Area Center (Room 8) | Assembly Hall Area 1 (Hall) | Assembly Hall Area 2 (Hall) | Assembly Stage Area Left #9 |
| 10:05 a.m. | Bhajan Stage Area Center (Room 8) | Yoga Hall Area 1 (Hall) | Yoga Hall Area 2 (Hall) | Bhajan Stage Area Left #9 |
| 10.35 a.m. | Yoga Stage Area Center (Room 4) | Bhajan Class Room #3 | Bhajan Class Room #2 | Yoga Stage Area Left #9 |
| 11:05 a.m. | Transition to Class | Transition to Class | Transition to Class | Transition to Class |
| 11.10 a.m. | Break | Break | Break | Break |
| 11.20 a.m. | Class Instruction Room # 10 | Class Instruction Room # 3 | Class Instruction Room # 2 | Class Instruction Room #11 |
| 12:30 p.m. | Dismissal | Dismissal | Dismissal | Dismissal |

Bal Vihar Class Schedule: 2022 -2023

Y1 Schedule

| Period | Room 13 | Teachers |
|----------------------|---|--|
| 10.00 – 10.15 | Invocation/Guided Meditation | Pradeep Singh, Mira Aubuchon, Ravi Ramphe |
| 10.15 – 11.15 | Bhagavad Gita | Ravi Ramphe |
| 11.15 – 11.30 | Break | Break |
| 11.30 – 12.30 | Class Discussion Topics/Speakers etc | Pradeep Singh, Mira Aubuchon |

Bal Vihar Class Schedule: 2022 -2023

Y2 Schedule

| Period | Room 12 | Teachers |
|----------------------|---|--|
| 10.00 – 10.15 | Invocation/Guided Meditation | Venu Vennam, Niraj Shah, Padmadisha Das |
| 10.15 – 11.15 | Bhagavad Gita | Padmadisha Das |
| 11.15 – 11.30 | Break | |
| 11.30 – 12.30 | Class Discussion Topics/Speakers etc | Venu Vennam, Niraj Shah, |

Bal Vihar Class Schedule: 2022 -2023

Y3 Schedule

| Period | Room 1 | Teachers |
|---------------|---|---|
| 10.00 – 10.15 | Invocation | Suresh Shaddarsanam, Neelima Swarna, Bhupal Dev |
| 10.15 – 11.15 | Bhagavad Gita | Bhupal Dev |
| 11.15 – 11.30 | Break | |
| 11.30 – 12.30 | Guest speakers and classroom discussion | Suresh Shaddarsanam, Neelima Swarna |

Bal Vihar Class Schedule: 2022 -2023

Y4 Schedule

| Time | Team A (Assisting from 10 .00 -11.15) Room #14 | Team B (Assisting from 11.15 -12.30) Room #14 |
|-------------------------|--|---|
| 10.00 a.m.- 10.05 a.m. | Assembly in Room #14 | Assembly in Room #14 |
| 10.05 a.m. - 11.05 a.m. | Community Service | Room #14 |
| 11.20 a.m. - 11.30 a.m. | Meet w Class Room Teachers | Meet w Class Room Teachers |
| 11.30 a.m. - 12.30 p.m. | Room # 14 | Community Service |

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|-------------------------------|-------------------------------|
| Team A: | Team B: |
| Assisting in Classes Grps K-3 | Assisting in Classes Grps 4-7 |
| Yoga/Bhajans - Grps 4-7 | Yoga/Bhajans - Grps K-3 |