

AHS Fitness and Recreation Schedule

Revised - 9/18/20

Socially-distanced sports, fitness and recreation opportunities will exist for the social/emotional/physical wellbeing of our students

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:30-1:10					
1:15-2:00 (Salat Block)	KG & 1st		KG & 1st		
2:00 - 2:40	5-6-7 Girls	2nd & 3th			2-3-4th
2:45-3:30	5-6-7 Boys	6-7-8 Girls	(Majlis Block)	3-4th Grade	5-6-7 Grade
3:30-4:30	8-9-10th Boys	Karate	8-9-10th Boys	8-9-10 Girls	Karate
4:30 - 5:10	2-3-4th	HS Girls	5-6-7th	KG & 1st	
5:10 - 5:55					

MS= Middle School

HS= High School

Open to in-person students

For both in-person/virtual students

Boys only

Girls only

Sessions for both (separate coaches for Baligh students)