



# CANADIAN BRIDGE ACADEMY

19, road 111, Gwarimpa Estate, Abuja.  
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Phone number: +2349161331131

## WEEKDAY DAILY PLANNER/ ROUTINE

SN	TIME	ACTIVITY
1	6am	Wake up
2	6am – 6.45am	Bath and dress up for school
3	6:45 – 7:15am	Breakfast
4	7:15 – 7: 25am	Devotion
5	7: 25 am – 7: 35am	Escorted to CBA campus
6	7:35am -5pm	School activities. Lunch by11:45pm & snack by 2:30pm
9	5pm – 5:10pm	Escorted back to hostel
10	5:10pm- 6:30pm	Nap time/rest
11	6:30pm- 7pm	Dinner
12	7pm – 8pm	Night prep for GR 6-12
13	8pm	Light out for GR 6 to GR 11/ NIGHT PREP CONTINUES FOR GR 12
14	9pm	Light out for GR 12

**NOTE:** THE STUDENTS NEED ATLEAST 9 TO 10HRS SLEEP FOR THEIR AGE BRACKETS.



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## WEEKEND BOARDING ROUTINE/SCHEDULE

SN	TIME	ACTIVITY
1	7am	Wake up time
2	7am to 8.00am	Walk out/ games
3	8am -8.30	Take a bath
4	8:30- 9am	Breakfast
	9am – 11am	Study time/ work on assignment. On Sunday it will be church service
5	11am – 1pm	Watch television/ play indoor games/ talks on healthy practices/ talks on relationships/ sex education etc SNACK BY 11AM.
6	1pm-2pm	Lunch
7	2pm-3.30pm	Siesta time/ rest
8	3.30pm – 4.30pm	Games/ take a shower
9	4.30pm-6.30pm	1 <sup>st</sup> prep
10	6.30pm -7pm	Dinner
11	7pm -8pm	2 <sup>nd</sup> prep
12	8pm	Light out for GR 6-11/ GR 12 PREP CONTINUE
13	9pm	Light for GR 12