**四川省电子商务学校作息时间表**

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| |  |  |  |  | | --- | --- | --- | --- | | 作 息 安 排 | | 夏季作息时间 [**5月1日-9月30日]** | 冬季作息时间 [10月1日-翌年4月30日] | | **早 上** | **起床、整理内务** | **6:30-6:45** | **6:45-7:00** | | **晨练(跑步/早操)** | **6:45-7:15** | **7:00-7:30** | | **早  餐** | **7:15-7:45** | **7:30-8:00** | | **上  午** | **课前准备** | **7:45-8:10** | **8:00-8:10** | | **第一节课** | **8:10-8:50** | **8:10-8:50** | | **课间休息** | **8:50-9:00** | **8:50-9:00** | | **第二节课** | **9:00-9:40** | **9:00-9:40** | | **课间操** | **9:40-10:10** | **9:40-10:10** | | **第三节课** | **10:10-10:50** | **10:10-10:50** | | **眼保健操** | **10:50-11:05** | **10:50-11:05** | | **第四节课** | **11:05-11:45** | **11:05-11:45** | | **中午** | **午  餐** | **11:45-12:40** | **11:45-12:40** | | **午  休** | **12:40-14:45** | **12:40-14:15** | | **下  午** | **课前准备** | **14:45-15:00** | **14:15-14:30** | | **第五节课** | **15:00-15:40** | **14:30-15:10** | | **眼保健操** | **15:40-15:55** | **15:10-15:25** | | **第六节课** | **15:55-16:35** | **15:25-16:05** | | **综合体育活动** | **16:35-17:15** | **16:05-16:45** | | **课外活动** | **17:15-17:50** | **16:45-17:25** | | **晚  餐** | **17:50-18:50** | **17:25-18:50** | | **晚 上** | **晚自习/课前准备** | **18:50-19:00** | **18:50-19:00** | | **收看新闻** | **19:00-19:30** | **19:00-19:30** | | **第七节课** | **19:30-20:10** | **19:30-20:10** | | **课间休息** | **20:10-20:20** | **20:10-20:20** | | **第八节课** | **20:20-21:00** | **20:20-21:00** | | **就  寝** | **21:00-21:40** | **21:00-21:40** | | **熄  灯** | **21:40** | **21:40** | |