# ..:: MVLA & Freestyle Academy Bell Schedules ::..

The Freestyle Schedule is a repeating two day cycle. AM classes are Periods 1, 2, 3 and PM classes are Periods 5, 6, 7.

- **MVHS/LAHS Schedule vs Freestyle Schedule: Assigned class Periods are NOT strictly followed like MVHS/LAHS.**
- Basically you will not be in the same class two days in a row.
- Typical JR (or SR) 2 week rotation schedule (SR classes are OPPOSITE of JR classes in table below)

| Week 1 | Week 2 |
|---|---|
| Monday in English and Digital Media<br>Tuesday in Elective (Film, Design, Animation)<br>Wednesday in English and Digital Media<br>Thursday in Elective (Film, Design, Animation)<br>Friday in English and Digital Media | Monday in Elective (Film, Design, Animation)<br>Tuesday in English and Digital Media<br>Wednesday in Elective (Film, Design, Animation)<br>Thursday in English and Digital Media<br>Friday in Elective (Film, Design, Animation) |

**Then the two week rotation repeats itself 12121 21212 etc**

**Freestyle does NOT strictly follow the MVHS/LAHS Periods on specific days**

Example: Freestyle English is assigned in Aeries as either Period 1 or 5.
Any MVHS/LAHS class usually meets on Tue and Thu.

However, the Freestyle Two Day Schedule will sometimes put you in English on Wed and Fri (even periods at MVHS/LAHS) even though Freestyle English is officially Period 1 or 5.
**All students have Period 9 for attendance purposes in these cases.**

**All Freestyle Classes similarly do NOT strictly follow the MVHS/LAHS Periods on specific days.**

How do you know where to go first - Eng/DM or Elective? See the Freestyle Calendar on how you start each week. SRs and JRs are normally NOT in the same classes together (only a few days throughout the year are they ever together).

Eng/DM split each block - see table below for more details.

FA Shuttle = shuttle pickup at Freestyle and LA Shuttle = shuttle pickup at LAHS
More shuttle info on https://freestyleacademy.rocks/shuttle

For Schedule A and C, LAHS AM students have ~20 minutes to get to Period 4 at LAHS
ACT/Tutorial attendance for AM students is a case-by-case request from Freestyle Teachers.

# Normal Schedule

Week 1 (M, W, F) 120 + 110 + 110 = 340 mins/week then Week 2 (T, Th) 165 + 165 = 330 min/week
Two Week rotation where Week 1 + Week 2 = 670 mins/week

| Schedule A (all periods) | | Schedule B (Tue/Thu Odd Periods) | | Schedule C (Wed/Fri Even Periods) | |
|---|---|---|---|---|---|
| **Freestyle** (120 min blocks) | **MVHS/LAHS** | **Freestyle** (165 min blocks) | **MVHS/LAHS** | **Freestyle** (110 min blocks) | **MVHS/LAHS** |
| AM Classes 9:00 - 11:00<br>Eng/DM break 9:55-10:05<br>FA Shuttle depart 11:05<br>——————<br>LA Shuttle 12:40<br>PM Classes 1:00 - 3:00<br>Eng/DM break 1:55-2:05 | Per. 1 8:30-9:20<br>Per. 2 9:27-10:17<br>Brunch 10:17-10:25<br>Per. 3 10:32-11:22<br>Per. 4 11:29-12:19<br>Lunch 12:19-12:54<br>Per. 5 1:01-1:51<br>Per. 6 1:58-2:48<br>Per. 7 2:55-3:45 | AM Classes 9:00 - 11:45<br>Eng/DM break 10:18-10:27<br>FA Shuttle departs 11:50<br>——————<br>LA Shuttle 12:10<br>PM Classes 12:30 - 3:15<br>Eng/DM break 1:48-1:57 | Per. 1 8:30-10:00<br>Brunch 10:00-10:08<br>Per. 3 10:15-11:45<br>Lunch 11:45-12:25<br>Per. 5 12:32-2:02<br>Per. 7 2:09-3:39 | AM Classes 9:00 - 10:50<br>Eng/DM switch 9:55<br>FA Shuttle departs 10:53<br>——————<br>LA Shuttle 1:10<br>PM Classes 1:30 - 3:20<br>Eng/DM switch 2:25 | Per. 2 8:30-10:00<br>ACT/Tutorial 10:07-11:00<br>Brunch 11:00-11:08<br>Per. 4 11:15-12:45<br>Lunch 12:45-1:25<br>Per. 6 1:32-3:02 |

# Special Bell Schedules

| Schedule G | | Schedule D | | Schedule E | |
|---|---|---|---|---|---|
| **Freestyle** (AM 65 minute block PM 130 minute block) | **MVHS/LAHS Assembly Schedule (43 min periods)** | **Freestyle** (90 minute blocks) | **MVHS/LAHS Modified Tue & Thur Block (PM Professional Dev)** | **Freestyle** (60 minute blocks) | **MVHS/LAHS Modified Wed & Fri Block (PM Professional Dev)** |
| AM Home Study (65 mins)<br><br>Per. 2A 9:20-10:03<br>(Attend assembly)<br><br>AM Classes 10:30 - 11:35<br>Eng/DM switch 11:02<br>FA Shuttle 11:38<br>——————<br>LA Shuttle 1:00<br>PM Classes 1:20 - 3:30<br>Eng/DM switch 2:25 | Per. 1 8:30 - 9:13<br>Per. 2A 9:20-10:03<br>(Attend assembly)<br>Per. 2B 10:10 - 10:53<br>Brunch 10:53 - 11:01<br>Per. 3 11:08 - 11:51<br>Per. 4 11:58 - 12:41<br>Lunch 12:41 - 1:16<br>Per. 5 1:23 - 2:06<br>Per. 6 2:13 - 2:56<br>Per. 7 3:03 - 3:46 | AM Classes 9:00 - 10:30<br>Eng/DM switch 9:45<br>FA Shuttle 10:35<br>——————<br>LA Shuttle 10:55<br>PM Classes 11:15 - 12:45<br>Eng/DM switch 12:00 | Per. 1 8:30 - 9:30<br>Per. 3 9:37 - 10:37<br>Brunch 10:37 - 10:45<br>Per. 5 10:52 - 11:52<br>Per. 7 11:59 - 12:59<br>Lunch 12:59 - 1:40<br>Meeting 1:50 - 3:39 | AM Classes 9:00 - 10:00<br>Eng/DM switch 9:30<br>FA Shuttle 10:05<br>——————<br>LA Shuttle 11:40<br>PM Classes 12:00 - 1:00<br>Eng/DM switch 12:30. | Per. 2 8:30 - 9:30<br>ACT/Tut. 9:37 - 10:20<br>Brunch 10:20 - 10:28<br>Per. 4 10:35 - 11:35<br>Per. 6 11:42 - 12:42<br>Lunch 12:42 - 1:25<br>Meeting 1:30 - 3:02 |

| | Schedule H | | Schedule I | |
|---|---|---|---|---|
| | **Freestyle** (120 minute blocks) | **MVHS/LAHS Modified Tue & Thur Block (AM Professional Dev)** | **Freestyle** (60 minute blocks) | **MVHS/LAHS Modified Wed & Fri Block (AM Professional Dev)** |
| | AM 10:00-12:00<br>Eng/DM switch 11:00<br>FA Shuttle 12:05<br>——————<br>LA Shuttle 1:00<br>PM 1:20- 3:20<br>Eng/DM switch 2:20 | Per. 1 10:30 - 11:30<br>Per. 3 11:37 - 12:37<br>Lunch 12:37 - 1:12<br>Per. 5 1:19 - 2:19<br>Per. 7 2:26 - 3:26 | AM 10:10 - 11:10<br>Eng/DM switch 10:40<br>FA Shuttle 11:15<br>——————<br>LA Shuttle 2:05<br>PM 2:25 - 3:25<br>Eng/DM switch 2:55 | Per. 2 10:30 - 11:30<br>Lunch 11:30 - 12:05<br>Per. 4 12:12 - 1:12<br>ACT/Tutorial: 1:19 - 2:02<br>Per. 6 2:09 - 3:09 |

| **Finals - Day 1 (2 hour finals per period)** | | **Finals - Day 2 (2 hour finals per period)** | | **Finals - Day 3 (2 hour finals per period)** | |
|---|---|---|---|---|---|
| **Freestyle** | **MVHS/LAHS** | **Freestyle** | **MVHS/LAHS** | **Freestyle** | **MVHS/LAHS** |
| AM 8:30 - 10:30 (2 hours)<br>FA Shuttle 10:30<br>——————<br>LA Shuttle 10:50<br>PM 11:30 - 3:30 (4 hours) | Per. 1 8:30 - 10:30<br>Break 10:30 - 10:43<br>Per. 6 10:50 - 12:50<br>Lunch 12:50 - 1:30<br>Per. 7 1:37 - 3:37 | AM 8:30 - 10:30 (2 hours)<br>FA Shuttle 10:30<br>——————<br>LA Shuttle 10:50<br>PM 11:10 - 1:10 (2 hours) | Per. 2 8:30 - 10:30<br>Break 10:30 - 10:43<br>Per. 5 10:50 - 12:50 | AM 8:30 - 10:30 (2 hours)<br>FA Shuttle 10:30<br>——————<br>LA Shuttle n/a<br>PM - NO PM Classes | Per. 3 8:30 - 10:30<br>Break 10:30 - 10:43<br>Per. 4 10:50 - 12:50 |




# Special Events - also see the Freestyle Calendar

Highlights are:

- Sign-up and get computer/tablet/monitor https://freestyleacademy.rocks/optional-get-this prior to the first day of school
- Field Trip to SFMOMA - Thursday August 13, 2026 https://freestyleacademy.rocks/SFMOMATrip
- Back to School Night - Thursday September 3, 2026 (NOT the same as LAHS/MVHS) @ Freestyle
- Prepping for College Events throughout the year @ Freestyle

- Open House 5:00 - 8:30 PM on Thursday February 4, 2027 @ Freestyle

- End-of-Year Exhibition: 5:00 - 8:30 PM Wednesday April 28, 2027 @ Freestyle
- End-of-Year Spring Party Friday May 14, 2027 @ Freestyle
- Freestyle Graduation 6:00 - 8:00 PM Thursday May 27, 2027 @ Freestyle

No Exams at Freestyle at any time including Finals as scheduled below - same schedule for both Semester 1 & 2

| Finals - Wed | Finals - Thu | Finals - Fri |
|---|---|---|
| **Freestyle** | **Freestyle** | **Freestyle** |
| AM 8:30 - 10:30 (2 hours)<br><br>PM 11:30 - 3:30 (4 hours) | AM 8:30 - 10:30 (2 hours)<br><br>PM 11:10 - 1:10 (2 hours) | AM 8:30 - 10:30 (2 hours)<br><br>PM - NO PM Classes |