

## ...: 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 A	Week B
Monday in English and Digital Media	Monday in Elective (Film, Design, Animation)
Tuesday in Elective (Film, Design, Animation)	Tuesday in English and Digital Media
Wednesday in English and Digital Media	Wednesday in Elective (Film, Design, Animation)
Thursday in Elective (Film, Design, Animation)	Thursday in English and Digital Media
Friday in English and Digital Media	Friday in Elective (Film, Design, Animation)

**Then the two week rotation repeats itself ABABABAB 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 A (M, W, F) 120 + 110 + 110 = 340 mins/week then Week B (T, Th) 165 + 165 = 330 min/week

Two Week (A+B) = 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 Eng/DM break 9:55-10:05 FA Shuttle depart 11:05 ----- LA Shuttle 12:40 PM Classes 1:00 - 3:00 Eng/DM break 1:55-2:05	Per. 1 8:30-9:20 Per. 2 9:27-10:17 Brunch 10:17-10:25 Per. 3 10:32-11:22 Per. 4 11:29-12:19 Lunch 12:19-12:54 Per. 5 1:01-1:51 Per. 6 1:58-2:48 Per. 7 2:55-3:45	AM Classes 9:00 - 11:45 Eng/DM break 10:18-10:27 FA Shuttle departs 11:50 ----- LA Shuttle 12:10 PM Classes 12:30 - 3:15 Eng/DM break 1:48-1:57	Per. 1 8:30-10:00 Brunch 10:00-10:08 Per. 3 10:15-11:45 Lunch 11:45-12:25 Per. 5 12:32-2:02 Per. 7 2:09-3:39	AM Classes 9:00 - 10:50 Eng/DM switch 9:55 FA Shuttle departs 10:53 ----- LA Shuttle 1:10 PM Classes 1:30 - 3:20 Eng/DM switch 2:25	Per. 2 8:30-10:00 ACT/Tutorial 10:07-11:00 Brunch 11:00-11:08 Per. 4 11:15-12:45 Lunch 12:45-1:25 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) Per. 2A 9:20-10:03 (Attend assembly) Per. 2B 10:10 - 10:53 Brunch 10:53 - 11:01 AM Classes 10:30 - 11:35 Eng/DM switch 11:02 FA Shuttle 11:38 ----- LA Shuttle 1:00 PM Classes 1:20 - 3:30 Eng/DM switch 2:25	Per. 1 8:30 - 9:13 Per. 2A 9:20-10:03 (Attend assembly) Per. 2B 10:10 - 10:53 Brunch 10:53 - 11:01 Per. 3 11:08 - 11:51 Per. 4 11:58 - 12:41 Lunch 12:41 - 1:16 Per. 5 1:23 - 2:06 Per. 6 2:13 - 2:56 Per. 7 3:03 - 3:46	AM Classes 9:00 - 10:30 Eng/DM switch 9:45 FA Shuttle 10:35 ----- LA Shuttle 10:55 PM Classes 11:15 - 12:45 Eng/DM switch 12:00	Per. 1 8:30 - 9:30 Per. 3 9:37 - 10:37 Brunch 10:37 - 10:45 Per. 5 10:52 - 11:52 Per. 7 11:59 - 12:59 Lunch 12:59 - 1:40 Meeting 1:50 - 3:39	AM Classes 9:00 - 10:00 Eng/DM switch 9:30 FA Shuttle 10:05 ----- LA Shuttle 11:40 PM Classes 12:00 - 1:00 Eng/DM switch 12:30.	Per. 2 8:30 - 9:30 ACT/Tut. 9:37 - 10:20 Brunch 10:20 - 10:28 Per. 4 10:35 - 11:35 Per. 6 11:42 - 12:42 Lunch 12:42 - 1:25 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 Eng/DM switch 11:00 FA Shuttle 12:05 ----- LA Shuttle 1:00 PM 1:20- 3:20 Eng/DM switch 2:20	Per. 1 10:30 - 11:30 Per. 3 11:37 - 12:37 Lunch 12:37 - 1:12 Per. 5 1:19 - 2:19 Per. 7 2:26 - 3:26	AM 10:10 - 11:10 Eng/DM switch 10:40 FA Shuttle 11:15 ----- LA Shuttle 2:05 PM 2:25 - 3:25 Eng/DM switch 2:55	Per. 2 10:30 - 11:30 Lunch 11:30 - 12:05 Per. 4 12:12 - 1:12 Lunch: 11:30 - 12:05 ACT/Tutorial: 1:19 - 2:02 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
AM 8:30 - 10:30 (2 hours) FA Shuttle 10:30 ----- LA Shuttle 10:50 PM 11:30 - 3:30 (4 hours)	Per. 1 8:30 - 10:30 Break 10:30 - 10:43 Per. 6 10:50 - 12:50 Lunch 12:50 - 1:30 Per. 7 1:37 - 3:37	AM 8:30 - 10:30 (2 hours) FA Shuttle 10:30 ----- LA Shuttle 10:50 PM 11:10 - 1:10 (2 hours)	Per. 2 8:30 - 10:30 Break 10:30 - 10:43 Per. 5 10:50 - 12:50	AM 8:30 - 10:30 (2 hours) FA Shuttle 10:30 ----- LA Shuttle n/a PM - NO PM Classes



Freestyle Academy

## 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 - Tuesday August 26, 2025 <https://freestyleacademy.rocks/SFMOMATrip>
- Back to School Night - Thursday Sept 4, 2025 (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 5, 2026 @ Freestyle

- End-of-Year Exhibition: 5:00 - 8:30 PM Thursday May 21, 2026 @ Freestyle
- End-of-Year Party Friday May TBA, 2026 @ Freestyle
- Freestyle Graduation 6:00 - 8:00 PM Thursday May 28, 2026 @ Freestyle

No Exams at Freestyle at any time including Finals

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