

# VMS Bell Schedule 2022-2023

7th grade		8th grade	
1st Period	8:00-8:50	1st Period	8:00-8:50
2nd Period	8:55-9:45	2nd Period	8:55-9:45
3rd Period	9:50-10:40	3rd Period	9:50-10:40
4th Period	10:45-11:35	4th Period	10:45-11:35
Lunch	11:35-12:05	5th Period	11:40-12:30
5th Period	12:10-1:00	Lunch	12:30-1:00
6th Period	1:05-1:55	6th Period	1:05-1:55
7th Period	2:00-2:40	7th Period (Flex)	2:00-2:40
8th Period (Flex)	2:45-3:25	8th Period	2:45-3:25

## Wednesday (Early Out)

7th grade		8th grade	
1st Period	8:00-8:40	1st Period	8:00-8:40
2nd Period	8:45-9:25	2nd Period	8:45-9:25
3rd Period	9:30-10:10	3rd Period	9:30-10:10
4th Period	10:15-10:55	4th Period	10:15-10:55
Lunch	10:55-11:25	5th Period	11:00-11:40
5th Period	11:30-12:10	Lunch	11:40-12:10
6th Period	12:15-12:55	6th Period	12:15-12:55
7th Period	1:00-1:40	7th Period (Flex)	1:00-1:40
8th Period (Flex)	1:45-2:25	8th Period	1:45-2:25