Sample Weekly Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GYM HOURS 6:00-7:30 MEDS 7:00-8:00 BREAKFAST 7:00-7:40	GYM HOURS 6:00-7:30 MEDS 7:00-8:00 BREAKFAST 7:00-7:40	GYM HOURS 6:00-7:30 MEDS 7:00-8:00 BREAKFAST 7:00-7:40	GYM HOURS 6:00-7:30 MEDS 7:00-8:00 BREAKFAST 7:00-7:40	GYM HOURS 6:00-7:30 MEDS 7:00-8:00 BREAKFAST 7:00-7:40	GYM HOURS 6:00-7:30 MEDS 7:00-8:00 BREAKFAST 7:00-7:40	GYM HOURS 6:00-7:30 MEDS 7:00-8:00 BREAKFAST 8:15-8:50
MORNING START UP 8:10-8:20 MORNING LECTURE 8:20-9:20 CORE GROUP 9:30-11:50	MORNING START UP 8:10-8:20 INDIVIDUAL SESSIONS or THERAPEAUTIC ASSIGNMENT 8:30-11:20	MORNING START UP 8:10-8:20 MORNING LECTURE 8:20-9:20 CORE GROUP 9:30-11:50	MORNING START UP 8:10-8:20 INDIVIDUAL SESSIONS or THERAPEAUTIC ASSIGNMENT 8:30-11:20 *ATTACHIMENTS & ADDICTIONS GROUP	MORNING START UP 8:10-8:20 MORNING LECTURE 8:20-9:20 CORE GROUP 9:30-11:50	ALL DAY WORKSHOP 9:00-12:00	SELF CARE 9:00-11:50
MEDS 11:30-1:30 LUNCH 12:00-12:40 ADVENTURE THERAPY 1:30-4:30	MEDS 11:30-1:30 LUNCH 12:00-12:40 INDIVIDUAL SESSIONS or THERAPEAUTIC ASSIGNMENT 1:00-5:00 *EQUINE GROUP	MEDS 11:30-1:30 LUNCH 12:00-12:40 COMMUNITY MEETING 1:00-1:30 ADVENTURE THERAPY 1:30-5:00	MEDS 11:30-1:30 LUNCH 12:00-12:40 INDIVIDUAL SESSIONS or THERAPEAUTIC ASSIGNMENT 1:00-5:00 *YOGA	MEDS 11:30-1:30 LUNCH 12:00-12:40 THERAPEUTIC ASSIGNMENT 1:00-5:00 *SPIRITUALITY GROUP	MEDS 11:30-1:30 LUNCH 12:00-12:40 ALL DAY WORKSHOP 1:00-5:00 *EQUINE GROUP	MEDS 11:30-1:30 LUNCH 12:00-12:40 SELF CARE 1:00-3:15 SPECIALTY GROUP 3:15-4:45
MEDS 4:30-6:30 DINNER 5:00-5:40	MEDS 4:30-6:30 DINNER 5:00-5:40	MEDS 4:30-6:30 DINNER 5:00-5:40	MEDS 4:30-6:30 DINNER 5:00-5:40	MEDS 4:30-6:30 DINNER 5:00-5:40	MEDS 4:30-6:30 DINNER 5:00-5:40	MEDS 4:30-6:30 DINNER 5:00-5:40
AA CLOSED MEETING 7:00-8:00 WRAP UP MEDITATION 9:30	LEISURE TIME/ ASSIGNMENTS 6:30-7:30	CODA MEETING 6:30-7:30	AA CLOSED MEETING 6:30-7:30	MOVEI/ GAMENIGHT 6:30-7:30	LEISURE TIME/ ASSIGNMENTS 6:30-7:30	LEISURE TIME/ ASSIGNMENTS 6:00-7:30
GYM HOURS 6:00-9:00 LIGHTS OUT 11:00	GYM HOURS 6:00-9:00 LIGHTS OUT 11:00	GYM HOURS 6:00-9:00 LIGHTS OUT 11:00	GYM HOURS 6:00-9:00 LIGHTS OUT 11:00	GYM HOURS 6:00-9:00 LIGHTS OUT 11:00	GYM HOURS 6:00-9:00 LIGHTS OUT 11:00	GYM HOURS 6:00-9:00 LIGHTS OUT 11:00