

Weekly Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	Wake Up	Wake Up	Wake Up	Wake up	Wake up	Wake Up	Wake Up
07:30-08:00	Just For Today	Just For Today	Just For Today	Just For Today	Just For Today	Free Time Yoga / Gym / Swim	Just For Today
08:00-08:15	Meditation	Meditation	Meditation	Meditation	Meditation		Meditation
08:15-09:00	Yoga / Gym / Swim	Yoga / Gym / Swim	Yoga / Gym / Swim	Yoga / Gym / Swim	Yoga / Gym / Swim		Yoga / Gym / Swim
09:00-10:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00-11:15	PYSCHO- EDUCATIONAL	RECOVERY GROUP	COMMUNITY GROUP	PROCESS GROUP THERAPY	RECOVERY GROUP	Just For Today	12 Step Fellowship Meeting
11:30-13:00	RECOVERY GROUP	PYSCHODRAMA	RECOVERY GROUP	RECOVERY GROUP	BREATHWORK	Island Excursion	
13:00-14:00	Lunch	Lunch	Lunch	Lunch	Lunch		Lunch
14:00-17:00	ONE TO ONE's & personal assignments	ONE TO ONE's & personal assignments	ONE TO ONE's & personal assignments	ONE TO ONE's & off site activities (Muay Thai / Hiking, etc)	GROUP ACTIVITY	Free Time 15.30	
17:00-18:00	Ice Bath & Sauna	12 Step Fellowship Meeting	Open Space Group	Trauma Release Exercises	Ice Bath & Sauna		Free time
18:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	BBQ Dinner
19:00-19:30	Free time	Shopping	Games Night	Ombudsman Group	Movie Night	Sound Healing	Drumming Workshop