

Weekly Schedule

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06.30 AM	MEDITATION (OPTIONAL)	MEDITATION (OPTIONAL)	MEDITATION (OPTIONAL)	MEDITATION (OPTIONAL)	MEDITATION (OPTIONAL)		
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	YOGA / GYM / SWIM	JUST FOR TODAY
08:00-09:00	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 GROUP	PROCESS GROUP THERAPY	COMMUNITY GROUP	ADDICTION / EMOTIONAL REGULATION GROUP	ADDICTION / EMOTIONAL REGULATION GROUP	FREE TIME	12 STEP FELLOWSHIP MEETING
11:30-13:00	ADDICTION / EMOTIONAL REGULATION GROUP	SOMATIC GROUP	ADDICTION / EMOTIONAL REGULATION GROUP	SOMATIC GROUP	PYSCHODRAMA	ISLAND EXCURSION	
13:00-14:00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH		
14:00-16:00	ONE TO ONE'S & PERSONAL ASSIGNMENTS	ONE TO ONE'S & PERSONAL ASSIGNMENTS	ONE TO ONE'S & PERSONAL ASSIGNMENTS	ONE TO ONE'S & PERSONAL ASSIGNMENTS	MUAY THAI or preferred ACTIVITY		WISDOM GROUP
17:00-18:00	ICE BATH & SAUNA	12 STEP FELLOWSHIP MEETING	ICE BATH & SAUNA	12 STEP FELLOWSHIP MEETING	ICE BATH & SAUNA		FREE TIME
18:30	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
19:15-20:00	CLOSING GROUP	CLOSING GROUP	CLOSING GROUP	CLOSING GROUP	CLOSING GROUP	CLOSING GROUP	CLOSING GROUP
20:00 - Bedtime	FREE TIME	FREE TIME	SHOPPING	FREE TIME	MOVIE NIGHT	SOUND HEALING	FREE TIME