

WEEKLY REHAB SCHEDULE

Time Day	MON	TUE	WED	THU	FRI	SAT	SUN	
7:00 - 8:00 AM	Yoga							
7:30 - 8:30 AM	Breakfast							
9:00 - 10:00 AM	Process Group					Muay Thai or Meeting	Excursion	
10:15 - 11:00 AM	Fitness Session							
11:30 AM - 12:30 PM	Psycho Ed GPs 1,2,3 Trauma					Group Sound Bowl		
12:30 - 1:30 PM	Lunch							
2:00 - 3:00 PM	Counselling	Hoslistic	Offsite Activity or Art Therapy	Counselling		Haircut/ Mani-Padi		
3:00 - 4:00 PM				Mind Map		Phone Time		
4:00 - 5:00 PM	Personal Training	Massage		Personal Training	Massage			
5:00 - 6:00 PM	Group Holistic			Group Holistic				
6:00 - 7:00 PM	Dinner							
7:00 - 8:00 PM	Offsite NA	AA Onsite	NA Onsite Meeting/ Football	Offsite NA 6:30 - 7:30	Offsite NA			
10:00 PM	Bedtime							