



WEEKLY REHAB SCHEDULE

Time Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 8:00 AM	Yoga						
7:30 - 8:30 AM	Breakfast						
9:00 - 10:00 AM	Process Group					Muay Thai or Meeting	Excursions
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	Holistic	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 pm	Offsite NA		
10:00 PM	Bedtime						