



Time Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00am - 8.00am	Breakfast <i>Please see Nurse if you have meds</i>						
8.00am - 8.15am	Check in Group						
8.30am - 10.45am	Morning Training Muay Thai	Morning Training Triathlon	Morning Training Muay Thai	Morning Training Triathlon	Morning Training Muay Thai	Saturday Activity	Sunday Excursion
11.00am - 11.30am	<i>11.30am-12.30pm</i> Process Group	Psycho Ed	<i>11.30am-12.30pm</i> Process Group/ Experiential Therapy	Psycho Ed/ Focus Group	<i>11.30am-12.30pm</i> Process Group		
12.00pm - 12.45pm		Mindfulness		Goals Group			
12.45pm - 1.30pm	<i>12.30pm</i> Lunch <i>Please see Nurse if you have meds</i>	Lunch <i>Please see Nurse if you have meds</i>					
2.00pm - 3.00pm	Lecture		Organised sports activities	Lecture			
5.00pm - 6.00pm		Art Therapy	<i>5.00pm-9.30pm</i> Dinner Offsite NA	Art Therapy			
5.00pm - 6.30pm	Dinner <i>Please see Nurse if you have meds</i>			Dinner <i>Please see Nurse if you have meds</i>			
7.00pm - 7.30pm	<i>6.00pm-7.00pm</i> Holistic Meditation	<i>6.45pm</i> AA meeting GA meeting					
8.00pm	Checkout group			Checkout group			
9.30pm	Curfew						