



Time Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
7.00am - 8.15am	Breakfast								
8.15am - 10.45am	Morning Training					Week 1 Hiking  Week 2 Cycling  Week 3 Hiking  Week 4 Cycling	Excursions <i>either:</i>  Rock Climbing  Archery  Rafting  Zipline  Kayaking		
11.30am - 12.45am	Process Group	11:30pm-12:00pm Process Group	Process Group	11:30pm-12:00pm Process Group					
		12:00pm-12:45pm Lecture		12:00pm-12:45pm Goals Group					
12.45pm - 2.00pm	Lunch								
1.40pm - 2.30pm	1-on-1 counseling	Study Group and Gym	2:00pm-4:00pm Swimming or Cycling	1-on-1 counseling	Study Group and Gym				
3.30pm - 4.30pm	Massage			Massage					
6.00pm - 7.00pm	AA Meeting onsite	Evening Group	5:00pm-9:30pm Dinner + NA Meeting In town	Evening Group	Art Therapy				5:00pm-9:00pm Meeting at Sober House
7.00pm - 8.00pm	Dinner			Dinner					
9.00pm	Curfew								