

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 either: Rock Climbing Archery Rafting Zipline Kayaking
11.30am - 12.45am	Process Group		<i>11:30pm-12:00pm</i> Process Group	Process Group	<i>11:30pm-12:00pm</i> Process Group		
			<i>12:00pm-12:45pm</i> Lecture		<i>12:00pm-12:45pm</i> Goals Group		
12.45pm - 2.00pm	Lunch						
1.40pm - 2.30pm	1-on-1 counseling	Study Group and Gym	<i>2:00pm-4:00pm</i> 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	<i>5:00pm-9:30pm</i> Dinner + NA Meeting In town	Evening Group	Art Therapy		<i>5:00pm-9:00pm</i> Meeting at Sober House
7.00pm - 8.00pm	Dinner			Dinner			
9.00pm	Curfew						