

Time Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00am - 8.00am	<p align="center">Breakfast <i>Please see Nurse if you have meds</i></p>						
8.00am - 8.15am	<p align="center">Check in Group</p>						<p align="center">Sunday Excursion</p>
8.15am - 10.45am	Morning Training Muay Thai	Morning Training Triathlon	Morning Training Muay Thai	Morning Training Triathlon	Morning Training Muay Thai	<p align="center">11.30-1.00pm Cooking Class</p>	
11.00am - 11.30pm	Process Group	11.00-11.30am Process Group	Community Group or Experiential Therapy	11.00-11.30am Process Group	Process Group		
12.30pm - 1.00pm	Lunch <i>Please see nurse if you have meds</i>						
12.45pm - 1.00pm		<p align="center">Lunch <i>Please see nurse if you have meds</i></p>					
2.00pm - 3.00pm	Mide Mapping	Lecture	<p align="center">Organised sports activities</p>	Lecture	Mide Mapping		
3.00pm - 5.00pm	Individual Counselling						
5.00pm - 6.30pm	<p align="center">Dinner <i>Please see nurse if you have meds</i></p>		<p align="center">5:00-9:30pm Offsite NA or Recovery Cinema</p>	5.00-6.00pm Art Therapy	<p align="center">5:00-6:00pm Offsite NA or Recovery Cinema</p>	<p align="center">Dinner <i>Please see nurse if you have meds</i></p>	
6.00pm - 7.00pm	Holistic Meditation	5.00-6.00pm Art Therapy 6.45pm AA meeting 6.45pm GA meeting		Dinner <i>Please see nurse if you have meds</i>		5:00-9:30pm Dinner <i>Please see nurse if you have meds</i>	
8.00pm	<p align="center">Checkout group</p>				<p align="center">Checkout group</p>		
9.00pm	<p align="center">Curfew</p>						