

# THE EDGE WEEKLY SCHEDULE

TIME DAY	MON	TUE	WED	THU	FRI	SAT	SUN	
7:00am - 8:00am	Breakfast <i>Please see Nurse if you have meds</i>							
8:00am - 8:15am	Check in Group						Sunday Excursion	
8:15am - 10:45am	Morning Training Muay Thai	Morning Training Triathlon	Morning Training Muay Thai	Morning Training Triathlon	Morning Training Muay Thai	11.30-1.00pm Cooking Class		
11:00am - 11:30pm	Process Group		Community Group/ Experiential Therapy	Process Group				
12:30pm - 1:00pm	Lunch <i>Please see nurse if you have meds</i>							
12:45pm - 1:00pm	Lunch <i>Please see nurse if you have meds</i>							
2:00pm - 3:00pm	Mind Mapping	Lecture	Organised Sports Activities	Lecture	Mind Mapping			
3:00pm - 5:00pm	Individual Counselling							
5:00pm - 6:30pm	Dinner <i>Please see nurse if you have meds</i>		5:00-9:30pm Offsite NA or Recovery Cinema	5:00-6:00pm Art Therapy	5:00-6:00pm Offsite NA or Recovery Cinema	Dinner <i>Please see nurse if you have meds</i>		
6:00pm - 7:00pm	Holistic Meditation	5:00-6:00pm Art Therapy 6:45pm AA/GA Meeting		Dinner	5:00-9:30pm Dinner <i>Please see nurse if you have meds</i>			
8:00pm	Checkout Group			Checkout group				
9:00pm	Curfew							