

Men's Program Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:00	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	7:00	Wake Up	Wake Up
6:30-7:00	Prayer & Meditation	Prayer & Meditation	Prayer & Meditation	Prayer & Meditation	Prayer & Meditation	7:15-7:45	Prayer & Meditation	Prayer & Meditation
7:00-7:30	Breakfast & Clean Up	Breakfast & Clean Up	Breakfast & Clean Up	Breakfast & Clean Up	Breakfast & Clean Up	8:00-8:30	Breakfast & Clean Up	Breakfast & Clean Up
7:30-8:00	Room Check Personal Time (in rooms)	Room Check Personal Time (in rooms)	Room Check Personal Time (in rooms)	Room Check Personal Time (in rooms)	Room Check Personal Time (in rooms)	8:30-9:30	Personal Time	Personal Time
8:00-9:15	Individual Session / Assignment Writing	Individual Session / Assignment Writing	8:15-9:15 Education: Nutrition	8:15-9:15 Education: Meditation	Individual Session / Assignment Writing	9:30-11:00	Process Group	Spiritual Development <i>In house</i> 9:30-10:30
9:15-9:30	Break	Break	Break	Break	Break			<i>Off Campus</i> 9:00 - 11:00
9:30-11:00	Process Group	Process Group	Art	Process Group	Equine	11:00-12:00	Personal Time	Personal Time
11:00-11:15	Transition	Break	Break	Break	Break	12:00-12:45	Lunch	Lunch
11:15-11:45	Community	Community	Community	Community	Community	1:00-2:30	Code of Conduct	Personal Time (in rooms)
11:45-12:00	Break	Break	Break	Break	Break	2:00-5:00	Personal Time	2:00-3:30 Deep Clean
12:00-12:45	Lunch & Clean Up	Lunch & Clean Up	Lunch & Clean Up	Lunch & Clean Up	Lunch & Clean Up			3:30 - 5:00 Personal Time
12:45-1:00	Break	Break	Lunch &	Lunch &	Lunch &			
1:00-1:50	Education: Walking the Steps	Education: Acu-detox	Education: Walking the Steps	Education: Acu-detox	Education: Walking the Steps	5:00-5:45	Dinner & Clean Up	Dinner & Clean Up
1:50-2:05	Transition	Transition	Transition	Transition	Transition	5:45-6:30	Quiet Time (in rooms)	Quiet Time (in rooms)
2:05-3:05	Fitness	Yoga	Fitness	Yoga	Fitness			
3:05-3:20	Transition	Transition	Transition	Transition	Transition	6:30-7:00	Personal Time	Personal Time
3:30-4:30	Education	Education	Education	Education	Education			
4:30-5:00	Personal Time	Personal Time	Personal Time	Personal Time	Education	7:00-9:00	12-Step Meeting	12-Step Meeting
5:00-5:45	Dinner & Clean Up	Dinner & Clean Up	Dinner & Clean Up	Dinner & Clean Up	Dinner & Clean Up			
5:45-6:30	Assignment Writing Quiet Time	Assignment Writing Quiet Time	Assignment Writing Quiet Time	Assignment Writing Quiet Time	Assignment Writing Quiet Time	9:00-9:45	Evening Review	Evening Review
6:30-7:30	Personal Time	Personal Time	Personal Time	Personal Time	6:30-7:00 Personal Time		10:30 Lights Out	10:00 Lights Out
7:30-9:30	12 Step Meeting	12 Step Meeting	12 Step Meeting	12 Step Meeting	7:00-7:30 Evening Review			
9:30-10:00	Evening Review	Evening Review	Evening Review	Evening Review	7:30-10:15 Movie			
10:00	Bed Time/Lights Out	Bed Time/Lights Out	Bed Time/Lights Out	Bed Time/Lights Out	10:30 Bed Time / Lights Out			