

Gunnebah Example Activities Timetable for a Week

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0700	Self led fitness	Group Fitness with Lauren	Yoga with Tracy	Group Fitness with Lauren	Yoga with Tracy	Boxercise with Stu	Breakfast
0800	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Boxercise with Stu
0845	Check in <i>Admin and activity discussion</i>	Check in	Check in	Check in	Check in	Check in	
9000	Individual therapy*	Individual Therapy*	Individual Therapy*	Kayaking and fishing on the Tweed River with Trinity and Warwick	Bus leaves 9am	Bus leaves 9am Hastings Point Beach Trip with Luke	9.30am Check in
1030	Group Session <i>Process Group</i>	Group Session <i>Benefits of Exercise in Recovery</i>	Group Session <i>Mindset</i>		9.30 - 11am Smart Recovery in town hall		Free time & Visitors
1200	Individual Therapy*	Individual Therapy*/ Medicals with Dr Jenny	Individual Therapy*		Individual Therapy*/ Medicals with Dr Jenny		
1300	Lunch	Lunch	Lunch	Lunch <i>Staff Meeting</i>	Lunch	Lunch	Lunch
1330	Bus leaves 1.30pm Kayaking with Dolphins in Byron. Bring Swimmers and a towel	Group for Parents / Medicals with Dr Jenny	Being in Relationships group	Individual Therapy*	Individual Therapy*/ Medicals with Dr Jenny	Group Session <i>Creating Recovery Environment</i>	Massages 1.30 John 2.30 Mary 3.30 Adam
1430		Art Therapy with Alastair and Lauren	Bus leaves 2.40 pm Shops and blood tests with Alastair and Danielle	Group Session <i>Emotional Sobriety</i>	Mindfulness with Clay with Casey		
1530							
1630							
1730	Gratitude & Goals	Gratitude & Goals	Gratitude & Goals	Gratitude & Goals	Gratitude & Goals	Gratitude & Goals	Gratitude & Goals
1800	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
1900	Yoga with Tracy	Chill time	Chill time	Chill time	Chill time	Chill time	Chill time

* Individual Therapy and Medicals are time slots within which these things happen. A guest will receive two therapy sessions and two medicals each week.