

Gunnebah Example Activities Timetable for a Week

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>0700</b>	Self led fitness	Group Fitness with Lauren	Yoga with Tracy	Group Fitness with Lauren	Yoga with Tracy	Boxercise with Stu	Breakfast
<b>0800</b>	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Boxercise with Stu
<b>0845</b>	Check in <i>Admin and activity discussion</i>	Check in	Check in	Check in	Check in	Check in	
<b>9000</b>	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
<b>1030</b>	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
<b>1200</b>	Individual Therapy*	Individual Therapy*/ Medicals with Dr Jenny	Individual Therapy*		Individual Therapy*/ Medicals with Dr Jenny		
<b>1300</b>	Lunch	Lunch	Lunch	Lunch <i>Staff Meeting</i>	Lunch	Lunch	Lunch
<b>1330</b>	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
<b>1430</b>		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		
<b>1530</b>							
<b>1630</b>							
<b>1730</b>	Gratitude & Goals	Gratitude & Goals	Gratitude & Goals	Gratitude & Goals	Gratitude & Goals	Gratitude & Goals	Gratitude & Goals
<b>1800</b>	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
<b>1900</b>	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.