

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:45	Group Fitness Class	Breakfast	Boxing	Group Fitness Class	Boxing	Group Fitness Class	
07:30	Breakfast	Bus leaves 7am	Breakfast	Breakfast	Breakfast	Breakfast	Boxing
08:00	Check in		Offsite Activity with admin 1 and Admin 3	Check in	Check in	Check in	Check in
08:15		Wear running shoes and bring water		Markets and IGA with Admin 2 and Admin 4	Individual therapy S1	8.45 leave for town	Bus leaves 9.00
08:30	Individual therapy S1		Individual therapy S2				
09:15	Individual therapy S2	Group Session		Group Session	Group Session with Dr Jenny	Massages 9.30 10.30 11.30	
10:30			Individual therapy S3 /Medicals				Individual therapy S1
11:00	Group Session	Individual therapy S4 /Medicals		Individual therapy S2	Individual therapy S2	Individual therapy S4 /Medicals	
11:30	Individual therapy S3 /Medicals		Lunch				Lunch
12:15	Individual therapy S4 /Medicals	Staff Meeting		Leaving Ceremonies	Relationships Group/ Medicals	1.30 Bus leaves	
1:00	Lunch	Community Meeting	Individual therapy S3 2.30 Massage:	Onsite Activity	Offsite Activity with Admin 2 and Admin 3		
1:45	Medicals Therapist Meeting					Individual therapy S3	Meet at hall
2:30	Mindfulness with Clay with Admin 2 in the art area	Individual therapy S4	Individual therapy S4 3.45 Massage:				
3:15		Yoga	Yoga				
4:15	Yoga	Gratitude & Goals	Gratitude & Goals	Gratitude & Goals	Gratitude & Goals	Gratitude & Goals	Gratitude & Goals
5:30	Gratitude & Goals	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:30	Dinner	Chill time	Chill time	Chill time	Chill time	Chill time	Chill time
7:30	Chill time	Chill time	Chill time	Chill time	Chill time	Chill time	Chill time

*** Please do your best to practice personal hygiene. wash your hand prior to eating, before and after group sessions. If you have any cold or flu like symptoms, please tell a staff member immediately