	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30	Boxing	Breakfast	Group Fitness	Boxing	Group Fitness	Boxing	Pilates
7.00	Breakfast	Bus 6am **Bushwalk Springbrook National Park** Wear appropriate shoes and bring water	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8.00	Check in		Check in	Check in	Check in	Check in &	Guest led check in
					SMART Goals at local Cafe	Meditation	Meditation
9.00	Individual Therapy Or Medicals		8.45 Bus **Murwillumbah Markets** & IGA trip	Individual Therapy Or Medicals		**9.00 Bus** Cafe stop **Paddleboarding at Kingscliff**	**AA / NA Meeting** (optional) Or **Reset Hour**
10.00					Individual Therapy		
11.00	**11.15** Community Meeting	Individual Therapy Or Medicals	**10.45** Tai Chi / Qigong				Free time & Visitors
12.00	Group Therapy Session	Group Therapy Session	Group Therapy Session	Group Therapy Session	Group Therapy Session		
1.00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1.30		Staff Meeting		**1.45** Leaving ceremony			
2.00	**Pottery & Mindfulness**	Individual Therapy / **Community Garden**	**Pottery Glazing** (last weeks creations)	Group Therapy Session	Individual Therapy	**IGA** (En route back to Gunnebah)	Free time & Visitors
2.30							
3.00			Individual Therapy	**Rhythmic Drumming**	**Art Therapy**	Free Time	
4.00	Individual Therapy / Medicals	**Meditation**		**4.15** Yoga			**4pm** Yoga
5.30	Gratitude & Goals	Gratitude & Goals	Gratitude & Goals	Gratitude & Goals	Gratitude & Goals	Gratitude & Goals	Gratitude & Goals
6.00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner