

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 AM	Meditation Room 326	Meditation Room 326	Meditation Room 326	Meditation Room 326	Meditation Room 326		
8:00-8:45 AM	Breakfast Muskoka Room	Breakfast Muskoka Room	Breakfast Muskoka Room	Breakfast Muskoka Room	Breakfast Muskoka Room	Breakfast	Breakfast
9:00-9:30 AM	Check In Group OJ Room	Check In Group OJ Room	Check In Group OJ Room	Check In Group OJ Room	Check In Group OJ Room	Check In Group OJ Room	Check In Group OJ Room
9:45-11:00 Monday to Friday	Process Group Room 326	Process Group Room 326	Process Group Room 326	Process Group Room 326	Process Group Room 326	Weekend Group OJ Room 10:00-11:00 am	Spiritual Celebration-Yoga room 10:00-11:00 am
11:15-12:00 Monday-Friday	Education Session OJ Room	Education Session OJ Room	Education Session OJ Room	Education Session OJ Room	Spiritual Living Yoga Room		
12:00-1:00 PM Dining Room	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00-3:00 PM	* One to One *Homework *Reflection time *Yoga 1:00 in Yoga room	*One to One *Homework *Reflection time *Personal Fitness 1 to 4 pm Circuit Fitness 4 to 5 pm in Yoga room	* One to One *Homework *Reflection time *Yoga 1:00 in Yoga room	*One to One *Homework *Reflection time	* One to One *Homework *Reflection time *Yoga 1:00 in Yoga room	*Homework * Personal Time *Family time	Family Education OJ Room 1:00 pm
3:00-4:00 PM Monday-Friday	Recovery Management OJ Room	Education Session OJ Room	<u>Gender Group</u> Men -room 326 Women- Yoga Room	Leisure Education or Activity	Recovery Movie in Muskoka room	*Homework * Personal Time *Family time	*Homework * Personal Time *Family time
4:00-6:00 PM	*One to One * Personal time	*One to One * Personal time	*One to One * Personal time	*One to One * Personal time	*One to One * Personal time		
6:00-7:00 PM Dining Room	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7:00-9:00 PM	12 step Meeting Bala	12 step Meeting on site	12 step Meeting Gravenhurst	12 step Meeting on site	12 step Meeting Port Carling	Homework/ Reflection	W/E review in OJ room 7:00-8:00 pm
9:00-11:00 PM	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time