Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45am	Wake up call	Wake up call	Wake up call	Wake up call	Wake up call	Wake up call	Wake up call
7:00am	Gym	Beach Fitness	Gym	Beach Fitness	Gym		
8:45am	Breakfast	Breakfast (Tech time 8;45-9:45)	Breakfast	Breakfast(Tech time 8;45-9:45)	Breakfast	Weekend excursions The excursions are planned before	
10:00am	Meditation & Check In Group	Meditation &		Meditation & Check In Group	Meditation & Check In Group		
11:30am		Check In Group	Meditation & Check In Group at (9:15am)				
12:00am	Lunch	Lunch	Depart offsite 10:30am for Education and Lunch ATM stop	Lunch	Lunch	the weekend, includes traditional excursions, beaches, bike riding,	
12:30pm	Relaxation	Relaxation		Relaxation	Relaxation	and spa treatments, Also added to the excursions AA or NA meeting in the mornings, either Ubud, Sanur or Nusa Dua	
1:00pm	Educational Seminars	Educational Seminars		Relapse Prevention	Educational Seminars		
2:00pm	Free time &/or written tasks	1-1 counseling		1-1 counseling	Free time &/or written tasks		
2:30pm	Yoga	Free time &/or written tasks	Free time &/or written tasks 1-1 counseling	Free time &/or written tasks	Yoga		
3:00pm		1-1 counseling	3:30: 1-1 counseling	1-1 counseling		Tech times Sat & Sun 4pm – 6pm	
4:00pm	Free time &/or written tasks	1-1 counseling *4:45-5:45 tech	Free time &/or written tasks	1-1 counseling *4:45-5:45 tech	Free time &/or written tasks	Return	Approved Visitors (4-6pm)
5:45pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7:00pm	Meeting at Mertanadi	In House 12 step Meeting	Meeting at Mertanadi	In House 12 step Meeting	In House 12 step Meeting	In house 12 step meeting	Down time prep for week
8:30pm	Check Out Group	Check Out Group	Check Out Group	Check Out Group	Check Out Group	Check Out Group	Check Out Group
11:00pm	Lights out	Lights out	Lights out	Lights out	Lights out	Lights out	Lights out