Weekly Schedule

Day Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00AM	Wake Up Call	Wake Up Call	Wake Up Call	Wake Up Call	Wake Up Call	Wake Up Call	Wake Up Call
7:30AM	Beach Fitness	Gym	Beach Fitness	Gym	Gym	Weekend Excursions:	
8:45AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		
10:00AM	Meditation	Meditation	Meditation and Process Group at an Off-Site Location	Meditation	Meditation		
10:30AM	Process Group	Process Group		Process Group	Process Group	We offer a variety of wellness activities including yoga, meditation, spa & therapeutic treatments, fitness training etc There are numerous recreational	
11:30AM	Writing Tasks	Writing Tasks		Writing Tasks	Writing Tasks		
12:00PM	Lunch	Lunch	Offsite Lunch and Educational	Lunch	Lunch		
12:30PM	Relaxation	Relaxation Educational Seminars		Relaxation	Relaxation	outings and other activities to choose from such as: snorkeling, surfing, horse riding, golf, fishing, river rafting, motorbike rides, mountain biking, hiking, attending Balinese dance and music events, cultural tours, sight-seeing and exploring the multitude of exotic destinations in Bali	
1:00PM	Educational Seminars			Educational Seminars	Educational Seminars		
2:00PM	Free Time and/or Written Tasks	Free Time and/or Written Tasks		Free Time and/or Written Tasks	Free Time and/or Written Tasks		
2:30PM	Yoga		Yoga		Yoga		
3:00PM	Yoga	Individual Counselling Sessions (or Stepwork)	Yoga	Individual Counselling Sessions (or Stepwork)	Yoga		
4:00PM	Free Time and/or Written Tasks	Individual Counselling Sessions (or Stepwork)	Free Time and/or Written Tasks	Individual Counselling Sessions (or Stepwork)	Free Time and/or Written Tasks		
5:30AM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7:00PM	12 Step Meeting	12 Step Meeting	12 Step Meeting	12 Step Meeting	12 Step Meeting	12 Step Meeting	12 Step Meeting
9:00PM	Tasks & Personal Time	Tasks & Personal Time	Tasks & Personal Time	Tasks & Personal Time	Tasks & Personal Time	Tasks & Personal Time	Tasks & Personal Time
11:00PM	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out