



SAMPLE CLIENT TIMETABLE

TIME / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:30-08:00	Hatha Yoga / Cycling						Excursion Day 09:00 - 17:00
08:00-09:00	Breakfast						
9:30-10:30	Process / Trauma Group / CBT						
10:30-11:00	Break					Mindfulness Based Cognitive Therapy	
11:00-12:00	Fitness Activities : Zumba / Gym / Yoga / Tai Chi					Free time	
12:00-13:30	Lunch						
13:30-14:30	One-on-One Counselling	One-on-One Counselling	Off-Site Recreation (Club House)	One-on-One Counselling	Free time	Self-Care / Team Sport / Muay Thai	
14:30-15:30	Personal Training	TRE session		Personal Training	TRE session		
15:30-16:30	Free Time	Massage Therapy		Free time	Massage Therapy		
17:00-18:00	Mindfulness Somatic Therapy						
18:00-19:00	Dinner						
19:00-20:00	Assignment		Art Therapy	Off-site NA/AA meeting	Assignment	On site NA / AA Meeting	Movies / Games
20:00-21:00							
21:00-21:30							
21:30-22:00	Rest & Relaxation						
22:00	CURFEW						