



STANDARD PROGRAMME

WEEKLY TIMETABLE

TIME / DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00-08:00	Yoga & Meditation						
08:00-09:00	Breakfast						
09:30-10:30	Process Group	Process Group	Process Group	Process Group	Process Group		Excursion 09:00 - 17:00
10:30-11:30						Psychoeducational Group 1	
11:00-12:00	Community Group/ Mindfulness	Group Exercise	Psychoeducational Group	Mindfulness	Psychoeducational Group		
12:00-12:45	Lunch						
12:45-13:45	Focus Group	Focus Group	Focus Group	Focus Group	Focus Group	Psychoeducational Group 2	
14:00-17:00	Individual Counselling or Fitness or Massage TMS (optional)		Extra Fitness Training	Individual Counselling or Fitness or Massage TMS (optional)		Massage	
18:00-19:00	Dinner						
19:00-20:00	Free Time	H&I Meeting	NA Meeting	NA Meeting	Music Group (Optional)	Free Time	Free Time
20:00-22:00	Rest & Relaxation						
22:00	CURFEW						

Remark

- Community meeting takes place every other week
- H & I meeting takes place every other week

Updated on April 2022