



# 2009 Sample Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00	Wake-up	7:00	Wake-up	7:00	Wake-up	7:00	Wake-up
8:15	Meditation						
8:30	Breakfast	7:30	Meditation	7:30	Meditation	7:30	Meditation
9:00	Free Time	8:00	Breakfast	8:00	Breakfast	8:00	Breakfast
		8:30	Free Time	8:30	Free Time	8:30	Free Time
9:30	Free Time	9:00	Trauma Group	9:00	Process Group	9:00	Process Group
10:00	15th St. Meeting	10:00	Lecture JB	11:00	Kung-Fu Tai-Chi	10:00	Process group
		11:00				11:00	Kung-Fu/Tai-Chi
		11:15				11:15	Lecture JB and Massages
		12:00	Lunch	12:00	Lunch	12:00	Lunch
		12:30	Personal Recovery	12:30	Personal Recovery	12:30	Personal Recovery
12:00	Lunch	1:30	Gym	1:30	Step Study	1:30	Gym
1:30	Activity	4:00	Gym	2:30	Massages	4:00	Gym
	Activity	4:30	Free Time	4:00	Free Time	4:00	Free Time
5:00	Free Time	5:00	Dinner	5:00	Dinner	5:00	Dinner
6:00	Dinner on our own	7:30	Men's Discussion Meeting 14th St. Newport Beach	7:00	11th Step Meeting	7:30	Heliotrope Meeting
8:00	Continuing Care Planning Group	9:00	Free Time	8:45	Free Time	8:45	Free Time
	Free Time			10:00	Group Process		
10:30	Journal/Private	10:30	Journal/Private	10:30	Journal/Private	10:30	Journal/Private
11:00	Lights Out	11:00	Lights Out	11:00	Lights Out	11:00	Lights Out
						7:00	Anderson Anderson Meeting Corona Del Mar
						7:30	Rebels Meeting Corona Del Mar
						9:00	Free Time
						9:45	Gratitude Meeting
						8:30	Canyon Club Speaker Meeting Laguna Beach