

Laguna Beach Recovery Center Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 AM	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Sleep In
8:00 AM	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Wake Up/ Breakfast
8:30 AM	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time
9:00 AM	Education/ Process Group	Education/ Process Group	Education/ Process Group	Education/ Process Group	Education/ Process Group	NA Beach Mtg. 14th Street Newport Beach	10:00 AM AA Beach Mtg. Heisler Park
9:30 AM							
10:00 AM	Gym/ Massages or Individual Sessions	Free Time	Gym/ Massages or Individual Sessions	Free Time	Gym/ Massages or Individual Sessions	Deep Clean House	Rest/ Free Time
10:30 AM							
11:00 AM	Free Time	Gym/ Massages or Individual Sessions	Free Time	Gym/ Massages or Individual Sessions	Free Time	Lunch	Lunch
11:30 AM							
12:00 PM	Free Time	Gym/ Massages or Individual Sessions	Free Time	Gym/ Massages or Individual Sessions	Free Time	Lunch	Lunch
12:30 PM							
1:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Group Activity	Individual Sessions @ Office Or opt. family visits
1:30 PM	Process Group	Process Group	Process Group	Health/ Fitness Group (Teo)	Process Group	Group Activity	
2:00 PM							
2:30 PM	Gym/ Massages or Individual Sessions	Step Work/ Written Assignments	Gym/ Massages or Individual Sessions	Step Work/ Written Assignments	Gym/ Massages or Individual Sessions	Group Activity	
3:00 PM							
3:30 PM	Free Time	Step Work/ Written Assignments	Free Time	Step Work/ Written Assignments	Free Time	Group Activity	
4:00 PM							
4:30 PM	Dinner	Dinner	Dinner	Dinner/	Dinner	Dinner	Dinner
5:00 PM	M-M. Dinner/ Meeting	Here & Now Canyon Club 6:00 PM	Free Time	Free Time	Happy Hour 6:00 PM Canyon Club	Free Time	As Bill See's It Participation mtg.
5:30 PM							
6:00 PM			Speaker @ St. Ann's 8:00	7:30 PM CMA		Sat. Night Speaker Meeting 8:00	
6:30 PM							
7:00 PM							
7:30 PM							

Schedule subject to change without notice.

All Activities Are Mandatory Unless Prior Arrangements Are Approved by Staff

Effective 4/18/2008