

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am - 8:20am	Please do not leave your rooms until 6am - Therapeutic duties to be done at the houses before coming into clinic					Please do not leave rooms before 7am	
8:30am	Leave the houses for the treatment centre (be in the minibus on time)					Breakfast and Theraputic Duties	
9:00am	Just for today - Reading - Daily Reflections					Shopping to arrive between 9am and 10am	AA Meeting Bedford Wixams from 10am till 11am.(1 hr)
9:15am - 11:30am	Yoga/Meditation 9:30am	Process Group			Daily Reflections and Meditation between 10am and 10:30am		
11:45am - 1:00pm	Step work/ Workshops/Life Stories/Peer Evals/1-1's					Visitors to arrive at 11:00am	Stepwork - Ensure that work due for Monday is completed.
1:00pm - 2:00pm	Lunch Break - You may go from a walk (3 people minimum) if you are NOT on a detox					Shopping or Gym trip with House Manager	
2:00pm - 5:00pm	Step work/ Workshops/Life Stories/Peer Evals/Graduations/1-1's					Return from Visits by 3:00pm	
5:00pm	Community Group		Goals group		Travel to St.Neots		
5:30pm	Travel to Gym		Travel to Gym		NA meeting in ST.NEOTS 5pm-6:30pm (1hr30mins)		
6:00pm	Back to the house - Dinner/Stepwork	Gym - Rowney and Cotton End	Back to the house - Dinner/Stepwork	Gym - Everton			Back to the house - Dinner/Stepwork
6:30pm					Back to house		
7:00pm	Travel to Everton		Travel to Shefford		Back to the house - Dinner/Stepwork		
7:30pm	CA meeting at EVERTON 8pm-9pm(1hr)		AA meeting in SHEFFORD 8pm-9:30pm (1hr30mins)				
8:00pm	Back to the house - Dinner/Stepwork		Back to the house - Dinner/Stepwork				
8:30pm	Back to house		Back to house		Back to the house - Dinner/Stepwork		
9:00pm							
9:30pm							
10:00pm	All phones, tablets, laptops and wallets are to be handed into the House Manager					Phones in	
10:30pm	All clients are to be in their rooms and no getting up to smoke				All phones, tablets, laptops and wallets are to be handed in		Clients in rooms
11:00am						All clients are to be in their rooms	