Sunrise

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	**Wake**	**Wake**	**Wake**	**Wake**	**Wake**		
7:15	**PE:** Running, biking, swimming, pilates, basketball, soccer, fitness machines	**PE:** Running, biking, swimming, pilates, basketball, soccer, fitness machines	**PE:** Running, biking, swimming, pilates, basketball, soccer, fitness machines	**PE:** Running, biking, swimming, pilates, basketball, soccer, fitness machines	**PE:** Running, biking, swimming, pilates, basketball, soccer, fitness machines		
8:15							
8:15	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	**Wake**	**Wake**
8:45							
8:45	Chores and Hygiene	Chores and Hygiene	Chores and Hygiene	Chores and Hygiene	Chores and Hygiene	Breakfast	Breakfast
9:15							
9:30	School	School	School	School	**Group Therapy** Relationship / Rec Th.	Chores	Chores
10:00							
10:30						Deep Clean House	Optional Spiritual Activity or Group activity
10:30					Outdoor Classroom		
11:00							
12:00						Lunch	Lunch
12:30							
12:30	Lunch	Lunch	Lunch	Lunch	Lunch	Break	Break
1:00							
1:00	Break	Break	Break	Break	Break	Leisure Activity	Deep Clean Bedrooms
1:30							
1:30	School	School	School	School	Service		
2:00							
2:30							
2:30	**Group Therapy** DBT / Recovery	**Group Therapy** Relationship / Rec Th.	**Group Therapy** DBT / Recovery	**Group Therapy** Equine/Relationships/Trauma		Off Campus Outing	On Campus Activity
3:00							
3:30							
4:00	Dance	Homework Hour	Dance	Homework Hour	Dance		
5:00							
5:00	Mutual Aid	Mutual Aid	Mutual Aid	Mutual Aid	Mutual Aid		
5:30							
6:00						Dinner Prep/Break	Dinner Prep/Break
6:00	Dinner Prep / Free Time	Dinner Prep / Break	Dinner Prep / Break	Dinner Prep / Break	Dinner Prep / Break		
6:30						Dinner	Dinner
6:30	Dinner	Dinner	Dinner	Dinner	Dinner		
7:00							
7:00	Chores	Yoga	Chores	Yoga	Chores	Quiet Time	Quiet Time
7:30							
7:30	Craft / Activity		Craft / Activity		Craft / Activity	Movie/Craft/Activity	Movie/Craft/Activity
8:00							
8:00		Chores		Chores			
8:30							
8:30		Break		Break			
9:00							
9:00	Showers/ Hygiene	Showers/ Hygiene	Showers/ Hygiene	Showers/ Hygiene	Showers/ Hygiene	Showers/ Hygiene	Showers/ Hygiene
9:30							
9:00	Journaling/ Quiet time	Journaling/ Quiet time	Journaling/ Quiet time	Journaling/ Quiet time	Journaling/ Quiet time	Journaling/ Quiet time	Journaling/ Quiet time
10:00							
10:00	**Lights Out**	**Lights Out**	**Lights Out**	**Lights Out**	**Lights Out**	**Lights Out**	**Lights Out**