

GULF BREEZE RECOVERY WEEKLY SCHEDULE

	8:00am	9:00 am	10:00 am	11:00 am	12:00 pm	1:00 pm	2:00 pm	3:00 pm	3:30 pm	4:00 pm	5:00-6:00 pm	6:30-8:00 pm	8:00 p.m.	BED TIME
Transition Phase														
Monday	Breakfast	Session schedule posted on downstairs corkboard. Note: Due to the volume of daily sessions required, session schedules are subject to change.			Lunoh	Refleotion	Free Time	Snaok	Group		DINNER	Group	Free Time	11 pm
Tuesday	Breakfast				Lunoh	RefL/Med.	Note: Those in transition phase are subject to be called in for a session anytime during the afternoon	Snaok	Group		DINNER	Group	Free Time	11 pm
Wednesday	Breakfast				Lunoh	RefL/Med.		Snaok	Group		DINNER	Group	Free Time	11 pm
Thursday	Breakfast				Lunoh	RefL/Med.		Snaok	Group		DINNER	Group	Free Time	11 pm
Friday	Breakfast				Lunoh	Refleotion		Snaok	Group		DINNER	Group	Free Time	12 am
Saturday	Breakfast				Lunoh	LUNCH		Outing			DINNER	Free Time		12 am
Sunday	Breakfast				Lunoh	Schedule Varies					DINNER	Free Time		11 pm
Spa Guests	8:00/8:30 am	8:30 am												
MONDAY	Breakfast	Spa			LUNCH	Refleotion	FreeTime	Snaok	Group		DINNER	Group	Free Time	11pm
TUESDAY	Breakfast	Spa			LUNCH	Refleotion / Optional Meditation	FreeTime	Snaok	Group		DINNER	Group	Free Time	11pm
WEDNESDAY	Breakfast	Spa			LUNCH	Refleotion / Optional Meditation	FreeTime	Snaok	Group		DINNER	Group	Free Time	11pm
THURSDAY	Breakfast	Spa			LUNCH	Refleotion / Optional Meditation	FreeTime	Snaok	Group		DINNER	Group	Free Time	11pm
FRIDAY	Breakfast	Spa			LUNCH	Refleotion	FreeTime	Snaok	Group		DINNER	Group	Free Time	12am
SATURDAY	Breakfast	Spa			11:30 LUNCH		1:30/Sat.	Outing			4:30	DINNER	Free Time	12am
SUNDAY	Breakfast	Church (optional)	Free Time		LUNCH	Schedule Varies					DINNER	Free Time		11pm
Course			10:15 am	10:45 am										
MONDAY	Breakfast	Course	Break	Course	LUNCH	Refleotion	FreeTime	Snaok	Group		DINNER	Group	Free Time	11pm
TUESDAY	Breakfast	Course	Break	Course	LUNCH	RefL/Med.	FreeTime	Snaok	Group		DINNER	Group	Free Time	11pm
WEDNESDAY	Breakfast	Course	Break	Course	LUNCH	RefL/Med.	FreeTime	Snaok	Group		DINNER	Group	Free Time	11pm
THURSDAY	Breakfast	Course	Break	Course	LUNCH	RefL/Med	FreeTime	Snaok	Group		DINNER	Group	Free Time	11pm
FRIDAY	Breakfast	Course	Break	Course	LUNCH	Refleotion	FreeTime	Snaok	Group		DINNER	Group	Free Time	12am
SATURDAY	Breakfast	Course	Break	Course	LUNCH	LUNCH	1:30/Sat.	Outing			4:30	Dinner	Free Time	12am
SUNDAY	Breakfast	Church (optional)	Free Time		LUNCH	Schedule Varies					DINNER	Free Time		11pm