

Renascent Weekly Schedule Sample

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM Rise						
7:45 – 8:15 AM Breakfast						
9:30 – 10:30 AM Group Therapy 10:45 – 11:30 AM Group Therapy	9:30 – 10:30 AM Group Therapy	9:30 – 10:30 AM Group Therapy	9:30 – 10:30 AM Group Therapy	9:30 – 10:30 AM Group Therapy	9:30 – 11:30 AM Group Therapy	9:30 – 10:00 AM Meditation
	Break				11:30 – 12:30 PM Free Time	10:00 – 12:30 PM Free Time
	10:45 – 11:30 AM Group Therapy					
12:30 PM Lunch						
1:30 – 2:00 PM Study Period					1:30 – 4:30 PM Free Time	2:00 – 4:00 PM Group Therapy
2:00 – 3:00 PM Group Therapy						
3:00 – 3:15 PM Break						
3:15 – 4:00 PM Group Therapy						
5:00 PM Dinner						
8:00 PM-10:00 PM Community Meeting	8:00 PM-10:00 PM Community Meeting	8:00 PM-10:00 PM Community Meeting	8:00 PM-10:00 PM Community Meeting	8:00 PM-10:00 PM Community Meeting	6:15-7:15 PM Group Therapy	6:15-7:15 PM Group Therapy
10:00 PM Snack						
11:00 PM Rest						



Renascent®
The road to recovery starts here.