



Women's Program Daily / Weekly Schedule:

Mon-Tues-Thurs		Friday	
<i>Time</i>	<i>Activity</i>	<i>Time</i>	<i>Activity</i>
6:30 a.m.	Wake-up	6:30 a.m.	Wake-up
7:00 - 7:15 a.m.	Prayer / Meditation	7:00 - 7:15 a.m.	Prayer / Meditation
7:30 - 8:30 a.m.	Physical Exercise	7:30 - 8:30 a.m.	Physical Exercise
9:00 - 9:30 a.m.	Breakfast	9:00 - 9:30 a.m.	Breakfast
10:00 -10:45 a.m.	Circle	10:00 - 10:45 a.m.	Circle
11:00 - 11:45 a.m.	Big Book	11:00 - 11:45 a.m.	Big Book
12:00 - 12:30 p.m.	Lunch	12:00 - 12:30 p.m.	Lunch
1:00 - 1:45 p.m.	Various Talks	1:00 - 1:45 p.m.	Study Hall
2:00 - 2:45 p.m.	Study Hall	2:00 - 2:45 p.m.	Art Therapy/Outdoor activity
3:15 - 4:00 p.m.	Work Ethic	3:15 - 4:00 p.m.	Work Ethic
5:30 - 6:00 p.m.	Dinner	5:30 - 6:00 p.m.	Dinner
7:00 - 8:00 p.m.	12 Step Meeting	9:30 - 9:55 p.m.	Evening Review
8:30 - 8:55 p.m.	Evening Review	12:00 a.m.	Lights Out
10:30 p.m.	Lights Out		
Wednesday			
10:15 - 11:00 a.m.	Big Book		
11:15 - 12:00 p.m.	Circle		
7:00 - 8:00 p.m.	Alumni Meeting		
8:30 - 8:55 p.m.	Evening Review		
10:30 p.m.	Lights Out		

Saturday		Sunday	
<i>Time</i>	<i>Activity</i>	<i>Time</i>	<i>Activity</i>
7:30 a.m.	Wake-up	7:30 a.m.	Wake-up
8:00 - 8:15 a.m.	Prayer / Meditation	8:00 - 8:15 a.m.	Prayer / Meditation
9:00 - 9:30 a.m.	Breakfast	9:00 - 9:30 a.m.	Breakfast
10:00 - 10:45 a.m.	Yoga	9:45 - 10:30 a.m.	Deep Clean
		10:30 - 12:00 p.m.	Free Time (no naps)
11:00 - 12:00 p.m.	Self-Care	12:15 - 12:45 p.m.	Lunch
12:15 - 12:45 p.m.	Lunch	12:45 - 1:45 p.m.	Free Time Pool/Gym/TV/Naps
1:00 - 1:45 p.m.	Social Time	2:00 - 3:00 p.m.	Spiritual Law
2:00 - 3:00 p.m.	Various Talks	3:00 - 4:00 p.m.	Process Group
3:00 - 4:00 p.m.	Process Group	5:30 - 6:00 p.m.	Dinner
5:30 - 6:00 p.m.	Dinner	7:30 - 8:15 p.m.	12 Step Meeting/Tell Your Story Mtg.
6:30 - 9:00 p.m.	Movie/Meeting	8:30 - 8:55 p.m.	Evening Review
9:30 - 9:55 p.m.	Evening Review	10:30 p.m.	Lights Out
10:00 - 12:00 a.m.	Personal/Bed Time		
12:00 a.m.	Lights Out		

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