

	Synergy Flagship Programming				
	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 AM	Morning Correction Group				
8:00 AM	Breakfast				
9:00 AM					
10:00 AM	Recovery Meeting	Recovery Meeting	Outside Activity w/ Doug	Recovery Meeting	Recovery Meeting
11:00 AM	Spirituality / Gratitude Meeting	Exercise / Walk	Outside Activity w/ Doug	Group Focus	House Deep Clean - Organization
12:00 PM	Lunch				
1:15 PM	Yoga w/ Therese	Literature - Discussion	Literature - Discussion	Yoga w/ Therese	Outside Activity w/ Doug
2:00 PM	Walk w/ Therese	Group Focus	Group Focus	Walk w/ Therese	Outside Activity w/ Doug
3:00 PM	House Reset / Tidy up / Chores				
4:00 PM	Free Time - Gym				
5:00 PM					
6:00 PM	Dinner	Dinner	Dinner		
7:00 PM		House Meeting			
8:00 PM	Outside 12-step meeting				
9:00 PM					
10:00 PM	Community Time				
11:00 PM					
	<p><i>*All Phase W & 1 residents MUST participate unless approved by staff. Phase 2 and 3 residents are encouraged to participate. Any Clinical, work, and academic responsibilities come before house programming.</i></p>				