

Sample Weekly Schedule

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
6:30-7:30	Morning Routine & Intentions	Morning Routine & Intentions	Morning Routine & Intentions	Morning Routine & Intentions	Morning Routine & Intentions		
7:30-8:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		
8:30-9:30	Breathwork	Personal Trainer	Group Recreation	Personal Trainer	Yoga	Morning Routine & Intentions	Morning Routine & Intentions
9:30-10	Free Time	Free Time	Free Time	Free Time	Free Time	Personal Trainer	Group Recreation
10-12:30	School	School	School	School	School	Free Time 11-12	Free Time 11-12
12:30-1:30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch 12-1	Lunch 12-1
1:30-2:30	*Clinical Group Ex.	Clinical Group	Clinical Group	Clinical Group	*Experiential 1:30-3	Multi-Family Group 1-3	Life Skills 1:30-3

Sample Weekly Schedule

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
2:30-3:30	Free Time	Free Time	Free Time	Free Time		Visitation 3-4	Free Time 3-5:30
3:30-4:30	Clinical Group	Clinical Group	Clinical Group	Clinical Group	Clinical Group	Free Time 4-5:30	
4:30-5:30	Clinical Group	Clinical Group	*Clinical Group Ex.	Clinical Group	Clinical Group		
5:30-6:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:30-9:30	Outside Meeting	Outside Meeting	Outside Meeting	Outside Meeting	Outside Meeting	Outside Meeting	*Group Outing
9:30- 10:30	Reflection & Wind Down	Reflection & Wind Down	Reflection & Wind Down	Reflection & Wind Down	Reflection & Wind Down	Reflection & Wind Down	Reflection & Wind Down
10:30 PM	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out

***Experiential Group (Ex.):** Equine, Surf, Music, Art, Breathwork

***Outings:** Movies, Restaurants, Sports, Trampoline park, Ice Skating

657-255-7461

info@thearrowhouse.com