MALIBU BEACH RECOVERY CENTERS

Daily Schedule- Detox House

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30AM	Wake Up Vitals/Meds	Wake Up Vitals/Meds	Wake Up Vitals/Meds	Wake Up Vitals/Meds	Wake Up Vitals/Meds	Wake Up Vitals/Meds	Wake Up Vitals/Meds
8:30AM	Daily Inspiration	Daily Inspiration	Daily Inspiration	Daily Inspiration	Daily Inspiration	Daily Inspiration	Daily Inspiration
9:15AM	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**
10:30AM	Detox Group	Detox Group	Detox Group	Detox Group	Detox Group	Detox Group	Detox Group
11:30AM	Individual Sessions/Free Time	Individual Sessions/Free Time	Individual Sessions/Free Time	Individual Sessions/Free Time	Individual Sessions/Free Time	Individual Sessions/Free Time	Individual Sessions/Free Time
12:30PM	**Lunch**	**Lunch**	**Lunch**	**Lunch**	**Lunch**	**Lunch**	**Lunch**
2:00PM	Intro to 12 Steps	Meditation & Breath Work Oleg	Nutrition group- Cyril	Meditation & Breath Work Oleg	Intro to 12 Steps	Community Meeting	Intro to 12 Steps
3:00PM	Visiting Hours	Individual Sessions/ Free Time	Individual Sessions/ Free Time	Individual Sessions/ Free Time	Individual Sessions/ Free Time	Individual Sessions/ Free Time	Individual Sessions/ Free Time
4:00PM	Psychoeducation	Movement Therapy	Restorative Yoga	Psychoeducation	Restorative Yoga	Psychoeducation	Restorative Yoga
5:30PM	**Dinner**	**Dinner**	**Dinner**	**Dinner**	**Dinner**	**Dinner**	**Dinner**
7:00PM	Educational Movie	Recovery Basics	Educational Movie	Recovery Basics	Educational Movies	Recovery Basics	Recovery Basics
9:00PM	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time
11:00PM	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out