

	Weekly Ascension House Schedule						Start Time
							7:00AM
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am		Wake Up/Meditation					
7:30am		Breakfast					
8:00am		Leave For PHP					
8:30am		PHP	PHP	PHP	PHP	PHP	
9:00am	Wake Up/Medit						Wake Up/Medit
9:30am	Breakfast						Breakfast
10:00am							
10:30am	R&R						R&R
11:00am							
11:30am							
12:00pm	Lunch						Lunch
12:30pm							
1:00pm							
1:30pm	Store Run						Outing
2:00pm							
2:30pm							
3:00pm							
3:30pm							
4:00pm	Gym						
4:30pm							
5:00pm							
5:30pm							
6:00pm	Check-in	Dinner	Outside Mtg	Dinner	Dinner	Dinner	Outside Mtg
6:30pm			12 Step				12 Step
7:00pm	Family Dinner	Relapse Prevention		Big Book Study Speaker		Gym	
7:30pm			Dinner				
8:00pm							
8:30pm							
9:00pm							
10:00pm	Lights Out						