San Nicola - A typical weekly schedule.

	MONDAY	TUESDAY	WEDNSDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00	Wake-up	Wake-up	Wake-up	Wake-up	Wake-up	Wake-up	Wake-up
07:15 - 08:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
08:00 - 08:15	Morning ritual	Morning ritual	Morning ritual	Morning ritual	Morning ritual	Morning ritual	Morning ritual
08:30 - 09:15	Group meeting	Group meeting	Group meeting	Group meeting	Group meeting	Group meeting	Group meeting
09:30 - 11:00	Life Skills Training (LST): eg dealing with anger	12 step group	Life Skills Training (LST): eg dealing with anger	Psychoeducation	Mindfulness based relapse prevention (MBRP)	Italian language class	Ceramics or Art therapy
11:00 - 12:30	Reflection and writing therapeutic duties	CBT Focus group	Reflection and writing therapeutic duties	CBT Focus group	Reflection and writing therapeutic duties	Lunch preparation	Lunch preparation
12:30 - 13:30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
13:30 - 15:00	CBT Focus group	Reflection and writing therapeutic duties	CBT Focus group	Reflection and writing therapeutic duties	CBT Focus group	Therapeutic duties	Therapeutic duties
15:00 - 16:30	Mindfulness based relapse prevention (MBRP)	Yoga	12 step group	12 step group	12 step group	12 step group	Cultural touristic recreational activities
16:30 - 17:00	Break	Break	Break	Break	Break	Break	Cultural touristic recreational activities
17:00 - 18:30	Psychoeducation	Italian cooking class	Italian language class	Life Skills Training (LST): eg assertiveness skills	Movie therapy	Group games	Cultural touristic recreational activities
18:30 - 20:00	Physical activity (gym/swimming pool)	Physical activity (gym/swimming pool)	Physical activity (gym/swimming pool)	Physical activity (gym/swimming pool)	Physical activity (gym/swimming pool)	Physical activity (gym/swimming pool)	Physical activity (gym/swimming pool)
20:00 - 21:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
21:00 - 21:30	Free time	Free time	Free time	Free time	Free time	Free time	Free time
21:30 - 22:30	Reflection and writing	Reflection and writing	Reflection and writing	Reflection and writing	Reflection and writing	Reflection and writing	Reflection and writing
22:30	Bed time	Bed time	Bed time	Bed time	Bed time	Bed time	Bed time