

# EQUINOX Daily Schedule

## MON - THURS

6:45 am - Wake Up  
7:15 am - Breakfast  
8:00 am - Study Hall  
8:30 am - School  
11:45 am - Lunch  
12:30 pm - School  
2:00 pm - Experiential Group  
3:30 pm - Therapeutic Group  
5:00 pm - Workout  
6:30 pm - Dinner  
7:15 pm - Rotating Activity  
8:15 pm - Meds/Hygiene/Cleanup  
9:30 pm - In Rooms

## FRI

7:00 am - Wake Up  
7:10 am - Breakfast  
7:45 am - Prepare for the Day  
8:30 am - 2:20 pm - Off Campus Activities  
2:30 pm - Snack/Transition  
3:30 pm - Study Hall  
5:00 pm - Hygiene/Chores  
6:30 pm - Dinner  
7:00 pm - Movie  
9:30 pm - All Students in Rooms  
9:45 pm - Lights Out  
10:00 pm - Quiet Time in Rooms

## SAT

8:00 am - Wake Up  
8:30 am - Breakfast  
9:15 am - Community Service  
1:00 pm - Lunch  
2:00 pm - Free Time  
3:30 pm - Chores/Study Hall  
4:30 pm - Hygiene/Cleaning/Free Time  
7:30 pm - Mentor-led Activity  
8:30 pm - Free Time  
9:30 pm - All Students in Rooms  
9:45 pm - Lights Out  
10:00 pm - Quiet Time in Rooms

## SUN

8:30 am - Wake Up  
9:00 am - Breakfast  
9:30 am - Hero's Code Reflection  
10:30 am - Quiet Time  
(as well as option for religious services, offered on a rotating basis)  
12:00 pm - Room Deep Clean  
1:00 pm - Lunch  
2:00 pm - Deep Clean Common Areas  
3:00 pm - Free Time  
6:00 pm - Accountability Partners  
6:30 pm - Dinner  
7:15 pm - Hygiene  
8:15 pm - Community Meeting  
9:30 pm - All Students in Rooms  
9:45 pm - Lights Out  
10:00 pm - Quiet Time in Rooms