

# Military Vets and First Responders Activities, Groups & Meetings Weekly Schedule



## Monday

06:00am Running Club/Rucksack Club  
8:00am Military Vets & First Responders Equine  
01:00pm Military Vets & First Responders Group  
02:15pm Expressive Writing  
03:15pm Gym  
08:00pm Yoga/Gym  
07:00pm Activity/Meeting

## Tuesday

06:00am Running Club/Rucksack Club  
8:00am Military Vets & First Responders Equine  
01:00pm Military Vets & First Responders Group  
02:15pm DBT Skills / Nursing Group  
03:15pm Gym  
08:00pm Pilates/Gym  
07:00pm Activity/Meeting

## Wednesday

06:00am Running Club/Rucksack Club  
8:00am Military Vets & First Responders Equine  
10:55am Military Vets & First Responders Group  
02:15pm Skills Group  
03:15pm Gym  
08:00pm Breathwork/Gym  
07:00pm Acrylic Painting

## Thursday

06:00am Running Club/Rucksack Club  
8:00am Military Vets & First Responders Equine  
01:00pm Military Vets & First Responders Group  
02:15pm Community Drum Circle / Nursing Group  
03:15pm Gym  
08:00pm Men's SA Meeting/Gym  
07:00pm Evening Sunset Walk

## Friday

06:00am Running Club/Rucksack Club  
8:00am Military Vets & First Responders Equine  
01:00pm Military Vets & First Responders Group  
02:15pm Community Wrap Up / Talent Show  
03:15pm Gym  
08:00pm Pilates/Gym