



Client Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Gym Opens 6a Run/Walk Group 6 - 7a	Gym Opens 6a	Gym Opens 6a Run/Walk Group 6 - 7a	Gym Opens 6a	Gym Opens 6a		
7:00 AM	Healthy Start 7 - 8:30a	Healthy Start 7 - 8:30a	Healthy Start 7 - 8:30a	Healthy Start 7 - 8:30a	Healthy Start 7 - 8:30a	Healthy Start 7 - 8:30a	
7:00 AM	Pilates 7:15 - 8a	Pilates 7:15 - 8a	Pilates 7:15 - 8a	Pilates 7:15 - 8a	Hotroom Pilates 7:15 - 8a (van at 6:45a)		
8:00 AM		Crossfit @ R4R 7:30 - 8:30 a		Crossfit @ R4R 7:30 - 8:30 a			Run/Walk Wildwood Park 8a
9:00 AM	IOP Group 9 - 11a	IOP Group 9 - 11a	IOP Group 9 - 11a	IOP Group 9 - 11a		IOP Group 9 - 11a	
10:00 AM					IOP Group 10a - 12p		
11:00 AM	Lifeskills of Recovery 11a - 1p	Staying Alive 11a - 1p	Phone Assistance 11a	Nutrition Group 11a - 12p			
12:00 PM					Cleveland Book Study 12 - 1p		
1:00 PM	Healthy Boundaries 1-2 p	Health & Wellness 1-2 p	Family Dynamics 1-2 p	Lifeskills in Recovery 1 - 3p			
2:00 PM		Men's/Women's Support Group 2 - 3p					
3:00 PM				Food Bank 4 - 5p			
4:00 PM			Bedford Alliance Church 5 - 8:30p (van at 5p)	Spirituality Meeting 5 - 6p		Cleveland Book Study (open to public) 5p-6p	
5:00 PM	IOP Group 5 - 7p	IOP Group 5 - 7p	IOP Group 5 - 7p	IOP Group 5 - 7p		Family Fun Night 6p-7p	
6:00 PM				LIVE Support Group 6:30 - 7:30p			
7:00 PM	Gym Open 6a - 7p	Gym Open 6a - 7p	Gym Open 6a - 7p	Gym Open 6a - 7p	Gym Open 6a - 3p	Gym Times Vary	Closed
<p>The mission of Racing for Recovery is to prevent all forms of substance abuse by promoting a lifestyle of fitness and health for all those affected by addiction. Racing for Recovery is a federally approved 501 c 3 non-profit</p>							