

Skyterra Young Adult Sample Schedule

	Monday	Tuesday	Wednesday
7:00a	Morning Routine	Morning Routine	Morning Routine
7:15a	Huddle (MB)	Huddle (MB)	Huddle (MB)
7:30a	BREAKFAST	BREAKFAST	BREAKFAST
8:30a	Connect (RR)	Connect (FR)	Connect (FR)
9:00a	Transition Time	Transition Time	Transition Time
9:10a	The Build-Strength (FR)	Elevate+ (FR)	The Build-Strength (FR)
10:10a	Daily Mobility (FR)	Daily Mobility (FR)	Daily Mobility (FR)
10:20a	Snack Time	Snack Time	Snack Time
10:30a	Campus Culture (RR)	Wellness Reflection (RR)	Transitions & Change (RR)
11:30a	Break Time	Break Time	Break Time
12:00p	LUNCH	LUNCH	LUNCH
1:00p	Sound Sleep (RR)	Grocery Shopping Tour (RR)	Trauma Education (RR)
2:00p	Home Plan (RR)	Yoga @ Lake Denise	Legacy Project (RR)
3:00p	Snack Time		Snack Time
3:30	Self Care		Self Care
4:00p	The Perfect Host: Meal time MGMT, Preparing for a Crowd (MB)		Soul Collage (RR)
5:00p	Dinner Prep (MB)		Dinner Prep
6:00p	DINNER	DINNER	DINNER
7:30p	Evening Yoga (RR)	Game Night! (RR)	Book Club with Teresa (RR)
9:00p	Huddle (MB/RR)	Huddle (MB/RR)	Huddle (MB/RR)
9:15p	Meditation (MB/RR)	Meditation (MB/RR)	Meditation (MB/RR)
9:30p	Evening Routine	Evening Routine	Evening Routine
10:30p	Lights Out	Lights Out	Lights Out

	Thursday	Friday	Saturday
7:00a	Morning Routine	Morning Routine	Morning Routine
7:15a	Huddle (MB)	Huddle (MB)	Huddle (MB)
7:30a	BREAKFAST	<u>BREAKFAST</u>	BREAKFAST
8:30a	Connect (FR)	Connect (FR)	Cardio On Your Own (FR)
9:00a	Transition Time	Transition Time	Transition Time
9:10a	Funky Fit (FR)	Open Gym (FR)	Deep Clean (ALL)
10:10a	Daily Mobility (FR)	Daily Mobility (FR)	Lake Wattaco Loop Hike
10:20a	Snack Time	Snack Time	
10:30a	Recreation & Mental Health (RR)	Myofascial Release (FR)	
11:30a	Break Time	Break Time	
12:00p	LUNCH	LUNCH	
1:00p	Mastering Mobility (RR)	Sitting With Emotions (RR)	Roller Skating!
2:00p	Pickleball And Archery @ Skyterra Wellness	Transition Planning (RR)	
3:00p		Snack Time	
3:30		Self Care	
4:00p		Culinary: Healthy Baking & Fun Recipes (MB)	
5:00p		Dinner Prep (MB)	Dinner Prep (MB)
6:00p	DINNER	DINNER	<u>DINNER</u>
7:30p	Arts & Crafts Night (MB/RR)	Movie Night (RR)	Bonfire (OUT)
9:00p	Huddle (MB/RR)	Huddle (MB/RR)	Huddle (MB/RR)
9:15p	Meditation (MB/RR)	Meditation (MB/RR)	Meditation (MB/RR)
9:30p	Evening Routine	Evening Routine	Evening Routine
10:30p	Lights Out	Lights Out	Lights Out

Sunday			
7:45a	Morning Routine		Individual Sessions
8:30a	Huddle		
9:00a	BREAKFAST		Private Therapy
10:00a	Music Reflection (RR)		
10:30a	Weekly Planning Sessions (RR)		Family Therapy
11:30a	Depart to Skyterra Wellness		
12:00p	LUNCH AT SKYTERRA WELLNESS		
1:00p	Skyterra Wellness Pickleball	Skyterra Wellness Swimming	Private Nutrition
			Private Fitness
3:30p	Return to Skyterra Young Adult		
4:00p	Self Care		
5:00p	Dinner Prep		
6:00p	DINNER		
7:30p	Spa Night (RR)		
9:00p	Huddle (MB/RR)		
9:15p	Meditation (MB/RR)		
9:30p	Evening Routine		
10:30p	Lights Out		

Bolded class names indicate talks

Location Abbreviations

MB: Main Building
 RR: Recreation Room (connect, yoga, dance)
 FR: Fitness Room (connect, yoga, dance)
 OS: Outdoor Space
 DR: Dining Room (meals)
 TO: Therapy Office (private therapy)
 NO: Nutrition Office (private nutrition)
 YY: Yoga Yurt (connect, yoga, dance)
 TK: Teaching Kitchen (culinary demos)

Color Codes

Yellow: Signature Track (classes offered every week)
Blue: Rotating Offerings (classes change weekly)
Purple: Low Mobility Intensity (less difficult classes)
Green: Recreation (offsite and includes travel time)

Symbols

!: High Intensity class
 ^: Pictures of video may be taken in this class