



# RECOVERY CAVE SESSION TIMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>MORNING</i>					
6.00AM - 7.00AM	6.00AM - 7.00AM	6.00AM - 7.00AM	6.00AM - 7.00AM	6.00AM - 7.00AM	
					7.00AM - 8.00AM
	8.00AM - 9.00AM		8.00AM - 9.00AM	8.00AM - 9.00AM	8.00AM - 9.00AM
	9.30AM - 10.30AM		9.30AM - 10.30AM	9.30AM - 10.30AM	
<i>AFTERNOON</i>					
4.30PM - 5.30PM	4.30PM - 5.30PM	4.30PM - 5.30PM	4.30PM - 5.30PM	4.30PM - 5.30PM	
6.00PM - 7.00PM	6.00PM - 7.00PM	6.00PM - 7.00PM	6.00PM - 7.00PM	6.00PM - 7.00PM	
	7.30PM - 8.30PM	7.30PM - 8.30PM	7.30PM - 8.30PM		