

ASAT Master Schedule

	Mon	Tue	Wed	Thu	Fri
9am	V: Morning Meeting, 9am - 9:30am	V/IP: Yoga for Mindfulness, 9am - 9:30am	V: Morning Meeting, 9am - 9:30am		V: Virtual Banking and Budgeting 9am - 10am
10am	V: Music Appreciation 10am - 11am	IP/V: Healthy Breakfast Options 10am - 11am	V: Relationships Workshop 10am - 11am	V: Post-Secondary and Career Options 10am - 11am	V: Managing Free Time 10am - 11am
11am	V/IP: Holiday Decor and Gifts 11am - 12pm	V/IP: Nutrition Analysis 11am - 12pm	IP: Full Body Fitness 11am - 12pm	V: Book Club: Eliza and Her Monsters 11am - 12pm	V/IP: Peapod, Instacart and Online Grocery Shopping 11am - 12pm
12pm					IP: Full Body Fitness 12pm - 1pm
1pm	V: Perspective Taking in the Media 1pm - 2pm	V: Tales from the Trenches 1pm - 2pm	V/IP: Open Studios 1pm - 2pm	V: App For That 1pm - 2pm	V: College Readiness 1pm - 2pm
2pm	IP: Winter Walking Group 2pm - 3pm	V/IP: Stress Management 2pm - 3pm	V: Games for Visual Literacy 2pm - 3pm	V: Study Group 2pm - 3pm	V/IP: Holiday Cookie Swap 2pm - 3pm
3pm	IP: Hair Tutorials 3pm - 4pm	V: Men's Group 3pm - 4pm			
4pm		V: Game Club 4pm - 5pm			
5pm	V/IP: Green and Clean 4:30pm - 5:30pm		IP: Comfort Food and Comedies 4:30pm - 7pm		
6pm					
7pm		IP: Recap 7pm - 8pm			
8pm					