<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yoga</td>
<td>2:00–3:00 pm</td>
<td>Meditation Room</td>
</tr>
<tr>
<td>Massage</td>
<td>3:30–5:30 pm</td>
<td>Meditation Room</td>
</tr>
<tr>
<td><strong>Tuesday</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Recovery Support Meeting</td>
<td>12:00–1:00 pm</td>
<td>VRS Lounge</td>
</tr>
<tr>
<td>Guided Meditation</td>
<td>2:15–2:45 pm</td>
<td>Meditation Room</td>
</tr>
<tr>
<td><strong>Wednesday</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Silent Meditation</td>
<td>9:15–9:45 am</td>
<td>Meditation Room</td>
</tr>
<tr>
<td>VRS Friends &amp; Family Group</td>
<td>12:00–1:00 pm</td>
<td>Meditation Room</td>
</tr>
<tr>
<td>Study Hall</td>
<td>1:00–3:00 pm</td>
<td>Classroom</td>
</tr>
<tr>
<td><strong>Thursday</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Guided Meditation</td>
<td>10:15–10:45 am</td>
<td>Meditation Room</td>
</tr>
<tr>
<td>Silent Meditation</td>
<td>3:15–3:45 pm</td>
<td>Meditation Room</td>
</tr>
<tr>
<td>Recovery Support Meeting</td>
<td>8:00–9:00 pm</td>
<td>Kissam Center</td>
</tr>
<tr>
<td><strong>Friday</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Silent Meditation</td>
<td>10:00–10:30 am</td>
<td>Meditation Room</td>
</tr>
</tbody>
</table>