

Vitalica Wellness SPA Program

Please note that the Vitalica Wellness Spa program schedule may be adjusted and changed depending on the month.

Monday

- 08:00 Oil Rinse
 - 08:00 Vitamin Shot
 - 08:00 Supplement
 - 08:00 Full Body Measurement
 - 08:15 Morning Walk
 - 09:00 Wellness Consultation
 - 09:15 Vitamin Shot
 - 09:30 Group Yoga
 - 10:30 Breakfast
 - 12:00 Electrolytes and Magnesium (Vitamin Shots)
 - 12:30 Group Fitness Training
 - 14:00 Lunch
 - 14:30 Salt Room (30 minutes)
 - 15:00 Herbal Steam Room (30 minutes)
 - 15:30 Infrared Sauna
 - 15:30 Vitamin Shot
 - 17:00 Recovery Juice
 - 17:00 Supplement
 - 19:00 Dinner
 - 21:00 Probiotic Supplement
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Tuesday

- 08:00 Full Body Measurement
- 08:00 Supplement
- 08:00 Vitamin Shot
- 08:00 Oil Rinse
- 08:15 Morning Walk
- 09:00 Wellness Consultation
- 09:15 Vitamin Shot
- 09:30 Group Yoga
- 10:30 Breakfast
- 12:00 Electrolytes and Magnesium (Vitamin Shots)

- 12:30 Group Fitness Training
 - 14:00 Lunch
 - 14:30 Salt Room (30 minutes)
 - 15:00 Herbal Steam Room (30 minutes)
 - 15:30 Infrared Sauna
 - 15:30 Vitamin Shot
 - 17:00 Recovery Juice
 - 17:00 Supplement
 - 19:00 Dinner
 - 21:00 Probiotic Supplement
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Wednesday

- 08:00 Oil Rinse
 - 08:00 Vitamin Shot
 - 08:00 Supplement
 - 08:15 Morning Walk
 - 09:15 Vitamin Shot
 - 09:30 Group Yoga
 - 10:30 Breakfast
 - 12:00 Electrolytes and Magnesium (Vitamin Shots)
 - 12:30 Group Fitness Training
 - 14:00 Lunch
 - 14:30 Salt Room (30 minutes)
 - 15:00 Herbal Steam Room (30 minutes)
 - 15:30 Infrared Sauna
 - 15:30 Vitamin Shot
 - 17:00 Recovery Juice
 - 17:00 Supplement
 - 19:00 Dinner
 - 21:00 Probiotic Supplement
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Thursday

- 08:00 Oil Rinse
- 08:00 Vitamin Shot
- 08:00 Supplement
- 08:15 Morning Walk
- 09:15 Vitamin Shot
- 09:30 Group Yoga
- 10:30 Breakfast
- 12:00 Electrolytes and Magnesium (Vitamin Shots)
- 12:30 Group Fitness Training
- 14:00 Lunch

- 14:30 Salt Room (30 minutes)
 - 15:00 Herbal Steam Room (30 minutes)
 - 15:30 Infrared Sauna
 - 15:30 Vitamin Shot
 - 17:00 Recovery Juice
 - 17:00 Supplement
 - 19:00 Dinner
 - 21:00 Probiotic Supplement
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Friday

- 08:00 Oil Rinse
 - 08:00 Vitamin Shot
 - 08:00 Supplement
 - 08:15 Morning Walk
 - 09:15 Vitamin Shot
 - 09:30 Group Yoga
 - 10:30 Breakfast
 - 12:00 Electrolytes and Magnesium (Vitamin Shots)
 - 12:30 Group Fitness Training
 - 14:00 Lunch
 - 14:30 Salt Room (30 minutes)
 - 15:00 Herbal Steam Room (30 minutes)
 - 15:30 Infrared Sauna
 - 15:30 Vitamin Shot
 - 17:00 Recovery Juice
 - 17:00 Supplement
 - 19:00 Dinner
 - 21:00 Probiotic Supplement
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Saturday

- 08:00 Oil Rinse
- 08:00 Vitamin Shot
- 08:00 Supplement
- 08:15 Morning Walk
- 09:15 Vitamin Shot
- 09:30 Group Yoga
- 10:30 Breakfast
- 12:00 Electrolytes and Magnesium (Vitamin Shots)
- 12:30 Group Fitness Training
- 14:00 Lunch
- 14:30 Salt Room (30 minutes)
- 15:00 Herbal Steam Room (30 minutes)

- 15:30 Infrared Sauna
 - 15:30 Vitamin Shot
 - 17:00 Recovery Juice
 - 17:00 Supplement
 - 19:00 Dinner
 - 21:00 Probiotic Supplement
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Sunday

- 08:00 Oil Rinse
- 08:00 Vitamin Shot
- 08:00 Supplement
- 08:15 Morning Walk
- 09:15 Vitamin Shot
- 09:30 Group Yoga
- 10:30 Breakfast
- 12:00 Electrolytes and Magnesium (Vitamin Shots)
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