

un jour à Cal-a-Vie A DAY AT CAL-A-VIE



SAMPLE OF YOUR DAILY SCHEDULE

Although each guest's schedule is tailored to fit their specific goals and desires, below is a "sample day" of fitness, pampering and nutrition at Cal-a-Vie.

6:15	Wake Up/ Morning Hike or 2 Mile Walk on the Golf Course	1:00	Lunch
8:00	Breakfast	2:00	Yon-ka Hot Stone Facial
8:30	"Fit Talk"	3:50	Revitalizer
9:00	Waterworks	4:10	Restorative Yoga
10:00	Bags, Jabs and Abs	5:10	Cal-a-Vie Thai Massage
10:50	Revitalizer	6:30	Hors d'Oeuvres
11:00	Hydrorider	7:00	Dinner
12:00	BodyCoffee Vichy Scrub	8:00	Stress Management Lecture