

DOMINGO SUNDAY

- 🕒 09:00 - 10:00 • Breakfast: Juice Shot + Detox
- Shake (Pure Cafe)
- 🕒 10:00 - 11:00 • Petanca
- 🕒 11:00 - 11:30 • Detox Infusion (Pure Cafe)
- 🕒 11:30 - 12:30 • Healthy Eating Workshop
- 🕒 12:30 - 14:00 • Lunch: Detox Soup or Mild Fast (Pure Cafe)
- 🕒 14:00 - 15:00 • Optional (Spa or paid Activity)
- 🕒 15:00 - 16:00 • Detox Juice (Pure Cafe) & Rest
- 🕒 16:00 - 17:00 • Cinema
- 🕒 17:00 - 18:30 • Optional (Spa or paid Activity)
- 🕒 18:30 - 19:30 • Dinner: Detox Soup (in Room)
- 🕒 19:30 - 21:00 • Free Time
- 🕒 21:00 - 21:30 • Detox Infusion (in Room)

SEGUNDA-FEIRA MONDAY

- 🕒 08:15 • Walk
- 🕒 09:00 - 10:00 • Breakfast: Juice Shot + Detox
- Shake (Pure Cafe)
- 🕒 10:00 - 11:00 • Numerology Workshop
- 🕒 11:00 - 11:30 • Detox Infusion (Pure Cafe)
- 🕒 11:30 - 12:30 • Chrystal Healing
- 🕒 12:30 - 14:00 • Lunch: Detox Soup or Mild Fast (Pure Cafe)
- 🕒 14:00 - 15:00 • Optional (Spa or paid Activity)
- 🕒 15:00 - 16:00 • Detox Juice (Pure Cafe) & Rest
- 🕒 16:00 - 17:00 • Fitness Workshop
- 🕒 17:00 - 18:30 • Optional (Spa or paid Activity)
- 🕒 18:30 - 19:30 • Dinner: Detox Soup (in Room)
- 🕒 19:30 - 21:00 • Free Time
- 🕒 21:00 - 21:30 • Detox Infusion (in Room)

TERÇA-FEIRA TUESDAY

- 🕒 08:15 • Yoga
- 🕒 09:00 - 10:00 • Breakfast: Juice Shot + Detox
- Shake (Pure Cafe)
- 🕒 10:00 - 11:00 • Stretching
- 🕒 11:00 - 11:30 • Detox Infusion (Pure Cafe)
- 🕒 11:30 - 12:30 • Sound Therapy
- 🕒 12:30 - 14:00 • Lunch: Detox Soup or Mild Fast (Pure Cafe)
- 🕒 14:00 - 15:00 • Osteopathy Workshop
- 🕒 15:00 - 16:00 • Detox Juice (Pure Cafe) & Rest
- 🕒 16:00 - 17:00 • Optional (Spa or paid Activity)
- 🕒 17:00 - 18:30 • Optional (Spa or paid Activity)
- 🕒 18:30 - 19:30 • Dinner: Detox Soup (in Room)
- 🕒 19:30 - 21:00 • Free Time
- 🕒 21:00 - 21:30 • Detox Infusion (in Room)

QUARTA-FEIRA WEDNESDAY

- 🕒 08:15 • Balance
- 🕒 09:00 - 10:00 • Breakfast: Juice Shot + Detox
- Shake (Pure Cafe)
- 🕒 10:00 - 11:00 • Optional (Spa or paid Activity)
- 🕒 11:00 - 11:30 • Detox Infusion (Pure Cafe)
- 🕒 11:30 - 12:30 • Cardio
- 🕒 12:30 - 14:00 • Lunch: Detox Soup or Mild Fast (Pure Cafe)
- 🕒 14:00 - 15:00 • Yoga
- 🕒 15:00 - 16:00 • Detox Juice (Pure Cafe) & Rest
- 🕒 16:00 - 17:00 • Dance
- 🕒 17:00 - 18:30 • Optional (Spa or paid Activity)
- 🕒 18:30 - 19:30 • Thematic Dinner (Vilamoura Restaurant)
- 🕒 19:30 - 21:00 • Thematic Dinner (Vilamoura Restaurant)
- 🕒 21:00 - 21:30 • Detox Infusion (in Room)

QUINTA-FEIRA THURSDAY

- 🕒 08:15 • Stretching
- 🕒 09:00 - 10:00 • Breakfast: Juice Shot + Detox
- Shake (Pure Cafe)
- 🕒 10:00 - 11:00 • Yoga
- 🕒 11:00 - 11:30 • Detox Infusion (Pure Cafe)
- 🕒 11:30 - 12:30 • Dance
- 🕒 12:30 - 14:00 • Lunch: Detox Soup or Mild Fast (Pure Cafe)
- 🕒 14:00 - 15:00 • Pilates
- 🕒 15:00 - 16:00 • Detox Juice (Pure Cafe) & Rest
- 🕒 16:00 - 17:00 • Optional (Spa or paid Activity)
- 🕒 17:00 - 18:30 • Cinema
- 🕒 18:30 - 19:30 • Dinner: Detox Soup (in Room)
- 🕒 19:30 - 21:00 • Free Time
- 🕒 21:00 - 21:30 • Detox Infusion (in Room)

SEXTA-FEIRA FRIDAY

- 🕒 08:15 • Yoga
- 🕒 09:00 - 10:00 • Breakfast: Juice Shot + Detox
- Shake (Pure Cafe)
- 🕒 10:00 - 11:00 • Astrology Workshop
- 🕒 11:00 - 11:30 • Detox Infusion (Pure Cafe)
- 🕒 11:30 - 12:30 • Energetic Medicine Workshop
- 🕒 12:30 - 14:00 • Lunch: Detox Soup or Mild Fast (Pure Cafe)
- 🕒 14:00 - 15:00 • Optional (Spa or paid Activity)
- 🕒 15:00 - 16:00 • Detox Juice (Pure Cafe) & Rest
- 🕒 16:00 - 17:00 • Cardio
- 🕒 17:00 - 18:30 • Optional (Spa or paid Activity)
- 🕒 18:30 - 19:30 • Dinner: Detox Soup (in Room)
- 🕒 19:30 - 21:00 • Free Time
- 🕒 21:00 - 21:30 • Detox Infusion (in Room)

SÁBADO SATURDAY

- 🕒 08:15 • Walk
- 🕒 09:00 - 10:00 • Breakfast: Juice Shot + Detox
- Shake (Pure Cafe)
- 🕒 10:00 - 11:00 • Optional (Spa or paid Activity)
- 🕒 11:00 - 11:30 • Detox Infusion (Pure Cafe)
- 🕒 11:30 - 12:30 • Bingo
- 🕒 12:30 - 14:00 • Lunch: Detox Soup or Mild Fast (Pure Cafe)
- 🕒 14:00 - 15:00 • Balance
- 🕒 15:00 - 16:00 • Detox Juice (Pure Cafe) & Rest
- 🕒 16:00 - 17:00 • Nutrition Workshop
- 🕒 17:00 - 18:30 • Sunset Fireplace Moment
- 🕒 18:30 - 19:30 • Dinner: Detox Soup (in Room)
- 🕒 19:30 - 21:00 • Free Time
- 🕒 21:00 - 21:30 • Detox Infusion (in Room)

**YOUR
WELLNESS
DAILY
EXPERIENCE
2021**

LONGEVITY
CEGONHA COUNTRY CLUB
VILAMOURA · ALGARVE