

Wellness Activities



WELLNESS

Wellness Activities

MARCH WEEKLY CALENDAR

WED 1ST	Life with Antonia	11:00
	Functional training	17:00

THU 2ND	Kettlecore	09:30
	Circuit	17:00

FRI 3RD	Facial yoga	11:00
	Abs	17:00

SAT 4TH	Relaxation with crystals and essence	09.30
	TRX	17:00

SUN 5TH	Range of motion	09.30
	Drills	17:00

Complimentary for hotel guests · 40 EUROS per activity per visitor

Booking required, please call our Wellness Team (+34) 952 822 211, dial 3 from your room or email wellness@marbellaclub.com

We ask that you please be on time. Those arriving late will not be permitted to enter.



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MARCH WEEKLY CALENDAR

MON 13TH	TRX	09:30
	Therapeutic gymnastics	17:00

TUE 14TH	Circuit	09:30
	Yin yoga	17:00

WED 15TH	Life with Antonia	11:00
	Meditation	17:00

THU 16TH	Myofascial stretch	09:30
	Abs	17:00

FRI 17TH	Facial yoga	11:00
	Aerial yoga	17:00

SAT 18TH	Breath and sound bath	11:00
	Functional training	17:00

SUN 19TH	Range of motion	09:30
	Kettlecore	17:00

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MON 20TH	Yin yoga	09:30
	Circuit	17:00

TUE 21ST	Drills	09:30
	Aerial yoga	17:00

WED 22ND	Life with Antonia	11:00
	Yin yoga	17:00

THU 23RD	Relaxation with crystals and essence	09:30
	Abs	17:00

FRI 24TH	Facial yoga	11:00
	TRX	17:00

SAT 25TH	Breath and sound bath	11:00
	Pilates	17:00

SUN 26TH	Yoga stretches	09:30
	Functional training	17:00

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MON 27TH	Range of motion	09:30
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Elastic bands	17:00
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TUE 28TH	TRX	09:30
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Aerial yoga	17:00
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WED 29TH	Life with Antonia	11:00
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Stretching	17:00
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THU 30TH	Vinyasa yoga	09:30
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Circuit	17:00
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FRI 31ST	Facial yoga	11:00
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Yin yoga	17:00
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MARBELLA CLUB

Bulevar Príncipe Alfonso von Hohenlohe, s/n, 29602, Marbella, Málaga, Spain
Telephone (+34) 952 822 211 marbellaclubwellness.com