



Wellness Activities



Wellness Activities

MARCH WEEKLY CALENDAR

SUN 1ST	Stretching TRX	09:30 17:30
MON 2ND	OPO Meditation Circuit	09:00 17:30
TUE 3RD	HarmoniZen** Cardio box	09:00 17:30
WED 4TH	Breath awake** Elastic bands	10:30 17:30
THU 5TH	Taichi Qi Gong Herb incense** Scalp & hair analysis** Kettlebells training	10:00 11:30 11:00 - 13:00 17:30
FRI 6TH	Hiking* Dance of life* Stretching	09:30 10:30 17:30
SAT 7TH	Legs training Yoga	09:30 17:30
SUN 8TH	Core training TRX	09:30 17:30

*Additional charge **Booking required before 6 pm the previous day, if there are no reservations, the activity will be cancelled
Complimentary for hotel guests · 60 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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MON 9TH	OPO Meditation	09:00
	Aerial pilates	16:30
TUE 10TH	HarmoniZen**	09:00
	Circuit	17:30
WED 11TH	Breath awake**	10:30
	Kettlebells training	17:30
THU 12TH	Taichi Qi Gong	10:00
	Herb incense**	11:30
	Scalp & hair analysis**	11:00 - 13:00
	Core training	17:30
FRI 13TH	Hiking*	09:30
	Dance of life*	10:30
	Cardio box	17:30
SAT 14TH	Elastic bands	09:30
	Yoga	17:30
SUN 15TH	Stretching	09:30
	TRX	17:30

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MON 16TH	OPO Meditation Circuit	09:00 17:30
TUE 17TH	HarmoniZen** Yoga	09:00 17:30
WED 18TH	Breath awake** Legs training	10:30 17:30
THU 19TH	Taichi Qi Gong Herb incense** Scalp & hair analysis** Cardio box	10:00 11:30 11:00 - 13:00 17:30
FRI 20TH	Hiking* Dance of life* Aerial yoga	09:30 10:30 17:30
SAT 21ST	Core training Stretching	09:30 17:30
SUN 22ND	Body healing TRX	09:30 17:30

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MON 23RD	OPO Meditation Yoga	09:00 17:30
TUE 24TH	HarmoniZen** Circuit	09:00 17:30
WED 25TH	Breath awake** Kettlebells training	10:30 17:30
THU 26TH	Taichi Qi Gong Herb incense** Scalp & hair analysis** Legs training	10:00 11:30 11:00 - 13:00 17:30
FRI 27TH	Hiking* Dance of life* Core training	09:30 10:30 17:30
SAT 28TH	Stretching Aerial pilates	09:30 17:30
SUN 29TH	Elastic bands TRX	09:30 17:30

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MON 30TH	OPO Meditation Circuit	09:00 17:30
TUE 31ST	HarmoniZen** Cardio box	09:00 17:30

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