



# *Wellness Activities*

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# Wellness Activities

## MAY WEEKLY CALENDAR

|                           |                      |       |
|---------------------------|----------------------|-------|
| <b>FRI 1<sup>ST</sup></b> | Hiking*              | 09:30 |
|                           | Dance of life*       | 10:30 |
|                           | Core training        | 17:30 |
| <b>SAT 2<sup>ND</sup></b> | Legs training        | 09:30 |
|                           | Cardio box           | 17:30 |
| <b>SUN 3<sup>RD</sup></b> | Kettlebells training | 09:30 |
|                           | Stretching           | 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](mailto:wellness@marbellaclub.com)  
We ask that you please be on time. Those arriving late will not be permitted to enter.



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|                            |   |                                 |
|----------------------------|---|---------------------------------|
| <b>MON 4<sup>TH</sup></b>  | Elastic bands<br>TRX  | 09:30<br>17:30                  |
| <b>TUE 5<sup>TH</sup></b>  | HarmoniZen**<br>Circuit                                     | 09:00<br>17:30                  |
| <b>WED 6<sup>TH</sup></b>  | Breath awake**<br>Core training                             | 10:30<br>17:30                  |
| <b>THU 7<sup>TH</sup></b>  | Taichi Qi Gong<br>Scalp & hair analysis**<br>Herb incense** | 10:00<br>11:00 - 13:00<br>15:30 |
| <b>FRI 8<sup>TH</sup></b>  | Hiking*<br>Dance of life*<br>OPO Meditation                 | 09:30<br>10:30<br>17:30         |
| <b>SAT 9<sup>TH</sup></b>  | Legs training<br>Cardio box                                 | 09:30<br>17:30                  |
| <b>SUN 10<sup>TH</sup></b> | Kettlebells training<br>Stretching                          | 09:30<br>17:30                  |

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| <b>MON 11<sup>TH</sup></b> | Body healing<br>Elastic bands                               | 09:30<br>17:30                  |
| <b>TUE 12<sup>TH</sup></b> | HarmoniZen**<br>TRX   | 09:00<br>17:30                  |
| <b>WED 13<sup>TH</sup></b> | Breath awake**<br>Circuit                                   | 10:30<br>17:30                  |
| <b>THU 14<sup>TH</sup></b> | Taichi Qi Gong<br>Scalp & hair analysis**<br>Herb incense** | 10:00<br>11:00 - 13:00<br>15:30 |
| <b>FRI 15<sup>TH</sup></b> | Hiking*<br>Dance of life*<br>OPO Meditation                 | 09:30<br>10:30<br>17:30         |
| <b>SAT 16<sup>TH</sup></b> | Cardio box<br>Aerial pilates                                | 09:30<br>17:30                  |
| <b>SUN 17<sup>TH</sup></b> | Yoga<br>Kettlebells training                                | 09:30<br>17:30                  |

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| <b>MON 18<sup>TH</sup></b> | Legs training<br>Stretching                                 | 09:30<br>17:30                  |
| <b>TUE 19<sup>TH</sup></b> | HarmoniZen**<br>Circuit                                     | 09:00<br>17:30                  |
| <b>WED 20<sup>TH</sup></b> | Breath awake<br>Core training                               | 10:30<br>17:30                  |
| <b>THU 21<sup>ST</sup></b> | Taichi Qi Gong<br>Scalp & hair analysis**<br>Herb incense** | 10:00<br>11:00 - 13:00<br>15:30 |
| <b>FRI 22<sup>ND</sup></b> | Hiking*<br>Dance of life*<br>OPO meditation                 | 09:30<br>10:30<br>17:30         |
| <b>SAT 23<sup>RD</sup></b> | TRX<br>Body healing   | 09:30<br>17:30                  |
| <b>SUN 24<sup>TH</sup></b> | Cardio box<br>Elastic bands                                 | 09:30<br>17:30                  |

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| <b>MON 25<sup>TH</sup></b> | Core training<br>Yoga                                       | 09:30<br>17:30                  |
| <b>TUE 26<sup>TH</sup></b> | HarmoniZen**<br>Circuit                                     | 09:00<br>17:30                  |
| <b>WED 27<sup>TH</sup></b> | Breath awake**<br>Legs training                             | 10:30<br>17:30                  |
| <b>THU 28<sup>TH</sup></b> | Taichi Qi Gong<br>Scalp & hair analysis**<br>Herb incense** | 10:00<br>11:00 - 13:00<br>15:30 |
| <b>FRI 29<sup>TH</sup></b> | Hiking*<br>Dance of life*<br>OPO meditation                 | 09:30<br>10:30<br>17:30         |
| <b>SAT 30<sup>TH</sup></b> | Kettlebells training<br>Elastic bands                       | 09:30<br>17:30                  |
| <b>SUN 31<sup>ST</sup></b> | Aerial yoga<br>TRX  | 09:30<br>17:30                  |

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## MARBELLA CLUB

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