

# *Wellness Activities*

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WELLNESS



# Wellness Activities

## JULY WEEKLY CALENDAR

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<b>MON 30<sup>TH</sup></b>	HarmoniZen*	09:30
	Vinyasa yoga	17:30

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<b>TUE 1<sup>ST</sup></b>	Dance of life*	10:30
	Wellness talk**	15:00
	Yoga	17:30

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<b>WED 2<sup>ND</sup></b>	Councious breathing**	10:30
	Core training	17:30

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<b>THU 3<sup>RD</sup></b>	OPO Meditation	09:00
	Scalp & hair analysis**	11:00 - 13:00
	TRX	17:30

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<b>FRI 4<sup>TH</sup></b>	Padel games*	09:30
	Hiking*	09:30
	Circuit	17:30

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<b>SAT 5<sup>TH</sup></b>	Meditation	09:30
	Elastic bands	17:30

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<b>SUN 6<sup>TH</sup></b>	Vinyasa yoga	09:30
	Stretching	17:30

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\*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.



# Wellness Activities

## JULY WEEKLY CALENDAR

<b>MON 7<sup>TH</sup></b>	HarmoniZen*	09:30
	TRX	17:30

<b>TUE 8<sup>TH</sup></b>	Dance of life*	10:30
	Wellness talk**	15:00
	Legs training	17:30

<b>WED 9<sup>TH</sup></b>	Councious breathing**	10:30
	Vinyasa yoga	17:30

<b>THU 10<sup>TH</sup></b>	OPO Meditation	09:00
	Scalp & hair analysis**	11:00 - 13:00
	Kundalini yoga & meditation with Coco	17:30

<b>FRI 11<sup>TH</sup></b>	Circuit	09:30
	Hiking*	09:30
	Padel games*	17:30

<b>SAT 12<sup>TH</sup></b>	Core training	09:30
	Elastic bands	17:30

<b>SUN 13<sup>TH</sup></b>	Stretching	09:00
	Aerial yoga	17:30

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# Wellness Activities

## JULY WEEKLY CALENDAR

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<b>MON 14<sup>TH</sup></b>	HarmoniZen*	09:30
	Circuit	17:30

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<b>TUE 15<sup>TH</sup></b>	Dance of life*	10:30
	Wellness talk**	15:00
	Self reiki practice with Coco	17:30

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<b>WED 16<sup>TH</sup></b>	Councious breathing**	10:30
	Core training	17:30

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<b>THU 17<sup>TH</sup></b>	OPO Meditation	09:00
	Scalp & hair analysis**	11:00 - 13:00
	Kundalini yoga & meditation with Coco	17:30

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<b>FRI 18<sup>TH</sup></b>	Circuit	09:30
	Hiking*	09:30
	Vinyasa yoga	17:30

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<b>SAT 19<sup>TH</sup></b>	Aerial yoga	09:30
	Elastic bands	17:30

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<b>SUN 20<sup>TH</sup></b>	Yoga	09:30
	Stretching	17:30

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## JULY WEEKLY CALENDAR

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<b>MON 21<sup>ST</sup></b>	HarmoniZen*	09:30
	Legs training	17:30

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<b>TUE 22<sup>ND</sup></b>	Dance of life*	10:30
	Wellness talk**	15:00
	Self reiki practice with Coco	17:30

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<b>WED 23<sup>RD</sup></b>	Councious breathing**	10:30
	TRX	17:30

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<b>THU 24<sup>TH</sup></b>	OPO Meditation	09:00
	Scalp & hair analysis**	11:00 - 13:00
	Kundalini yoga & meditation with Coco	17:30

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<b>FRI 25<sup>TH</sup></b>	Hiking*	09:30
	Circuit	09:30
	Padel games*	17:30

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<b>SAT 26<sup>TH</sup></b>	Yoga	09:30
	Core training	17:30

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<b>SUN 27<sup>TH</sup></b>	Vinyasa yoga	09:30
	Stretching	17:30

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## JULY WEEKLY CALENDAR

<b>MON 28<sup>TH</sup></b>	HarmoniZen*	09:30
	Legs training	17:30

<b>TUE 29<sup>TH</sup></b>	Dance of life*	10:30
	Wellness talk**	15:00
	Self reiki practice with Coco	17:30

<b>WED 30<sup>TH</sup></b>	Councious breathing**	10:30
	Aerial yoga	17:30

<b>THU 31<sup>ST</sup></b>	OPO Meditation	09:00
	Scalp & hair analysis**	11:00 - 13:00
	Kundalini yoga & meditation with Coco	17:30

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## MARBELLA CLUB

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