

Wellness Activities



WELLNESS

Wellness Activities

MARCH WEEKLY CALENDAR

| | | |
|---------------------------|---------------|-------|
| SAT 1ST | Hiking* | 09:30 |
| | Core training | 09:30 |
| | Aerial yoga | 17:30 |

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|---------------------------|------------|-------|
| SUN 2ND | Circuit | 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

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



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| | | |
|---------------------------|--------------|-------|
| MON 3RD | Vinyasa yoga | 09:30 |
| | TRX | 17:30 |

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|---------------------------|-----------------|-------|
| TUE 4TH | Wellness talk** | 11:30 |
| | Meditation | 17:30 |

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| WED 5TH | Conscious breathing** | 10:30 |
| | Elastic bands | 17:30 |

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| THU 6TH | OPO Meditation | 10:30 |
| | Scalp & hair analysis** | 11:00 - 13:00 |
| | Hatha yoga | 16:30 |

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| FRI 7TH | Legs training | 09:30 |
| | Vinyasa yoga | 17:30 |

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| SAT 8TH | Hiking* | 09:30 |
| | Core training | 09:30 |
| | Aerial yoga | 17:30 |

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|---------------------------|------------|-------|
| SUN 9TH | Circuit | 09:30 |
| | Stretching | 17:30 |

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| MON 10TH | Elastic bands | 09:30 |
| | Vinyasa yoga | 17:30 |

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| TUE 11TH | Dance of life* | 10:30 |
| | Wellness talk** | 11:30 |
| | Hatha yoga | 17:30 |

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| WED 12TH | Conscious breathing** | 10:30 |
| | TRX | 17:30 |

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| THU 13TH | OPO Meditation | 10:30 |
| | Scalp & hair analysis** | 11:00 - 13:00 |
| | Aerial yoga | 17:30 |

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| FRI 14TH | Stretching | 09:30 |
| | Padel games* | 17:30 |

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| SAT 15TH | Core training | 09:30 |
| | Boxing** | 17:30 |

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| SUN 16TH | Legs training | 09:30 |
| | TRX | 17:30 |

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| MON 17TH | Vinyasa yoga | 09:30 |
| | Circuit | 17:30 |

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| TUE 18TH | Dance of life* | 10:30 |
| | Wellness talk** | 11:30 |
| | Core training | 17:30 |

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| WED 19TH | Conscious breathing** | 10:30 |
| | Boxing** | 17:30 |

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| THU 20TH | OPO Meditation | 10:30 |
| | Scalp & hair analysis** | 11:00 - 13:00 |
| | Hatha yoga | 17:30 |

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| FRI 21ST | Circuit | 09:30 |
| | Padel games* | 17:30 |

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| SAT 22ND | Hiking* | 09:30 |
| | Core training | 09:30 |
| | Legs training | 17:30 |

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| SUN 23RD | Boxing** | 09:30 |
| | TRX | 17:30 |

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| MON 24TH | Vinyasa yoga | 09:30 |
| | Elastic bands | 17:30 |

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| TUE 25TH | Dance of life* | 10:30 |
| | Wellness talk** | 11:30 |
| | Legs training | 17:30 |

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| WED 26TH | Conscious breathing** | 10:30 |
| | Boxing** | 17:30 |

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| THU 27TH | OPO Meditation | 10:30 |
| | Scalp & hair analysis** | 11:00 - 13:00 |
| | Hatha yoga | 17:30 |

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| FRI 28TH | TRX | 09:30 |
| | Legs training | 17:30 |

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| SAT 29TH | Hiking* | 09:30 |
| | Core training | 09:30 |
| | Aerial yoga | 17:30 |

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| SUN 30TH | Circuit | 09:30 |
| | Stretching | 17:30 |

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|----------------------------|---------------|-------|
| MON 31ST | Core training | 09:30 |
| | Elastic bands | 17:30 |

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MARBELLA CLUB

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