WELLNESS

Wellness Activities



Wellness Activities

NOVEMBER WEEKLY CALENDAR

SUN 1ST

09:30 – Stretch & Release

17:30 – Strength training with elastic bands

MON 2ND

09:30 – Mobility session
Controlled movement to improve range of motion and joint function

17:30 – Yoga

TUE 3RD

09:00 – HarmoniZen**
Guided meditation using handheld crystal tools to deepen relaxation and sensory awareness

17:30 – TRX

WED 4TH

10.00 – Bike tour** Guided bike tours

10:30 – Breath awake
Guided breathwork to increase energy, focus and resilience

17:30 – Core Training

THU 5TH

10:00 – Tai Chi & Qi Gong**

17:30 – Lower body strength

FRI 6TH

09:30 – Hiking*

10:30 – Dance of life*
An inner journey of movement, conscious breath work and visualisation to energise and bring you into alignment

12:00 – Sauna & Ice bath

17:30 – Strength training with kettlebells

SAT 7TH

09:30 – HIIT

17:30 – Aerial yoga

SUN 8TH

09:30 – Yoga

17:30 – Stretch & Release

***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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NOVEMBER WEEKLY CALENDAR

MON 9TH

09:30 – Pilates

17:30 – Strength training with elastic bands

TUE 10TH

09:00 – HarmoniZen**
Guided meditation using handheld crystal tools to deepen relaxation and sensory awareness

17:30 – TRX

WED 11TH

10.00 – Bike tour** Guided bike tours

10:30 – Breath awake
Guided breathwork to increase energy, focus and resilience

17:30 – Lower body strength

THU 12TH

10:00 – Tai Chi & Qi Gong**

17:30 – Strength training with kettlebells

FRI 13TH

09:30 – Hiking*

10:30 – Dance of life*
An inner journey of movement, conscious breath work and visualisation to energise and bring you into alignment

12:00 – Community sauna and ice bath

17:30 – Yoga

SAT 14TH

09:30 – HIIT

17:30 – Core training

SUN 15TH

09:30 – Strength training with kettlebells

17:30 – Stretch & Release

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NOVEMBER WEEKLY CALENDAR

MON 16TH

09:30 – Pilates

17:30 – Lower body strength

TUE 17TH

17:30 – TRX

WED 18TH

10.00 – Bike tour** Guided bike tours

10:30 – Breath awake
Guided breathwork to increase energy, focus and resilience

17:30 – Strength training with kettlebells

THU 19TH

10:00 – Tai Chi & Qi Gong**

17:30 – Strength training with elastic bands

FRI 20TH

09:30 – Hiking*

10:30 – Dance of life*
An inner journey of movement, conscious breath work and visualisation to energise and bring you into alignment

12:00 – Community sauna and ice bath

17:30 – Pilates mat

SAT 21ST

09:00 – HIIT

17:30 – Aerial yoga

SUN 22ND

09:30 – Strength training with kettlebells

17:30 – Stretch & Release

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NOVEMBER WEEKLY CALENDAR

MON 23RD

09:30 – Lower body strength

17:30 – Yoga

TUE 24TH

09:00 – HarmoniZen**
Guided meditation using handheld crystal tools to deepen relaxation and sensory awareness

17:30 – Pilates mat

WED 25TH

10.00 – Bike tour** Guided bike tours

10:30 – Breath awake
Guided breathwork to increase energy, focus and resilience

17:30 – Core training

THU 26TH

10:00 – Tai Chi & Qi Gong**

17:30 – TRX

FRI 27TH

09:30 – Hiking*

10:30 – Dance of life*
An inner journey of movement, conscious breath work and visualisation to energise and bring you into alignment

12:00 – Sauna & Ice bath

17:30 – Lower body strength

SAT 28TH

09:30 – HIIT

17:30 – Strength training with elastic bands

SUN 29TH

09:30 – Strength training with kettlebells

17:30 – Stretch & Release

MON 30TH

09:30 – Yoga

17:30 – Core training

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