

# *Wellness Activities*

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WELLNESS



# Wellness Activities

## SEPTEMBER WEEKLY CALENDAR

FRI 1 <sup>ST</sup>	Face yoga	10:00
	Functional training	19:00
SAT 2 <sup>ND</sup>	Ballet floor barre	09:30
	Circuit	19:00
SUN 3 <sup>RD</sup>	Aerial yoga	09:30
	Abs	19:00

Complimentary for hotel guests · 50 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

## SEPTEMBER WEEKLY CALENDAR

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<b>MON 4<sup>TH</sup></b>	TRX	09:30
	Kundalini yoga basic with Coco	17:30

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<b>TUE 5<sup>TH</sup></b>	Rom	09:30
	Paddle Surf	13:00
	Self Reiki Practice with Coco	17:30

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<b>WED 6<sup>TH</sup></b>	Alive whole and free with Antonia	10:00
	Abs	19:00

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<b>THU 7<sup>TH</sup></b>	Circuit	09:30
	Paddle surf	13:00
	Kundalini yoga express with Coco	17:30

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<b>FRI 8<sup>TH</sup></b>	Face yoga	10:00
	Elastic bands	19:00

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<b>SAT 9<sup>TH</sup></b>	Stretching through relaxation	09:30
	Functional training	19:00

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<b>SUN 10<sup>TH</sup></b>	Vinyasa yoga	09:30
	Abs	19:00

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<b>MON 11<sup>TH</sup></b>	Aerial yoga	09:30
	Kundalini yoga basic with Coco	17:30

<b>TUE 12<sup>TH</sup></b>	ROM	09:30
	Paddle surf	13:00
	Self-Reiki practice with Coco	17:30

<b>WED 13<sup>TH</sup></b>	Alive whole and free with Antonia	10:00
	Circuit	19:00

<b>THU 14<sup>TH</sup></b>	Functional training	09:30
	Paddle surf	13:00
	Kundalini yoga express with Coco	17:30

<b>FRI 15<sup>TH</sup></b>	Face yoga	10:00
	Circuit	19:00

<b>SAT 16<sup>TH</sup></b>	Ballet floor barre	09:30
	Abs	19:00

<b>SUN 17<sup>TH</sup></b>	Aerial yoga	09:30
	Elastics bands	19:00

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<b>MON 18<sup>TH</sup></b>	Abs	09:30
	Kundalini yoga basic with Coco	17:30

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<b>TUE 19<sup>TH</sup></b>	Myofascial stretch	09:30
	Paddle surf	13:00
	Self Reiki practice with Coco	17:30

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<b>WED 20<sup>TH</sup></b>	TRX	09:30
	Functional training	19:00

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<b>THU 21<sup>ST</sup></b>	Elastic bands	09:30
	Paddle surf	13:00
	Kundalini yoga express with Coco	17:30

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<b>FRI 22<sup>ND</sup></b>	Face yoga	10:00
	What is human design?	18:00

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<b>SAT 23<sup>RD</sup></b>	Stretching through relaxation	09:30
	TRX	19:00

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<b>SUN 24<sup>TH</sup></b>	Circuit	09:30
	Elastic bands	19:00

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<b>MON 25<sup>TH</sup></b>	Functional training	09:30
	Aerial yoga	19:00

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<b>TUE 26<sup>TH</sup></b>	Stretching	09:30
	Paddle surf	13:00
	Abs	19:00

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<b>WED 27<sup>TH</sup></b>	Alive whole and free with Antonia	10:00
	TRX	16:00

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<b>THU 28<sup>TH</sup></b>	Vinyasa yoga	09:00
	Paddle surf	13:00
	Functional training	16:00

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<b>FRI 29<sup>TH</sup></b>	Face yoga	10:00
	Tarot introduction	12:30

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<b>SAT 30<sup>TH</sup></b>	Ballet floor barre	09:00
	Circuit	16:00

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## MARBELLA CLUB

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