WELLNESS

Wellness Activities



Wellness Activities

DECEMBER WEEKLY CALENDAR

TUE 1ST

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

17:30 – TRX

WED 2ND

10.00 – Bike tour**
Guided bike tours

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

17:30 – Core Training

THU 3RD

10:00 – Tai Chi & Qi Gong**

17:30 – Yoga

FRI 4TH

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 5TH

09:30 – HIIT

17:30 – Lower body strength

SUN 6TH

08:30 – Mobility session
Controlled movement to improve range of motion and joint function

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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Wellness Activities

DECEMBER WEEKLY CALENDAR

MON 7TH

09:30 – Mat Pilates

15:00 – Reformer Pilates*

17:30 – Strength training with elastic bands

TUE 8TH

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

17:30 – TRX

WED 9TH

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 10TH

10:00 – Tai Chi & Qi Gong**

17:30 – Strength training with kettlebells

FRI 11TH

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 – Yoga

SAT 12TH

09:30 – HIIT

17:30 – Aerial yoga

SUN 13TH

08:30 – Strength training with elastic bands

17:30 – Stretch & Release

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DECEMBER WEEKLY CALENDAR

MON 14TH

09:30 – Mat Pilates

15:00 – Reformer Pilates*

17:30 – Lower body strength

TUE 15TH

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

17:30 – TRX

WED 16TH

10.00 – Bike tour**
Guided bike tours

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

17:30 – Core training

THU 17TH

10:00 – Tai Chi & Qi Gong**

17:30 – Strength training with elastic bands

FRI 18TH

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 – Aerial yoga

SAT 19TH

10:30 – HIIT

17:30 – Pilates mat

SUN 20TH

08:30 – Yoga

17:30 – Stretch & Release

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DECEMBER WEEKLY CALENDAR

MON 21ST

09:30 – Yoga

15:00 – Reformer Pilates*

17:30 – Core training

TUE 22ND

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

17:30 – Mat Pilates

WED 23RD

10.00 – Bike tour**
Guided bike tours

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

17:30 – Core training

THU 24TH

10:00 – Tai Chi & Qi Gong**

17:30 – TRX

FRI 25TH

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 – Aerial yoga

SAT 26TH

09:30 – HIIT

17:30 – Strength training with elastic bands

SUN 27TH

08:30 – Strength training with kettlebells

17:30 – Stretch & Release

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DECEMBER WEEKLY CALENDAR

MON 28TH

09:30 – Yoga

15:00 – Reformer Pilates*

17:30 – Core training

TUE 29TH

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

17:30 – Lower body strength

WED 30TH

10.00 – Bike tour**
Guided bike tours

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

17:30 – Core training

THU 31ST

10:00 – Tai Chi & Qi Gong**

17:30 – TRX

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