

Wellness Activities



WELLNESS

Wellness Activities

MAY WEEKLY CALENDAR

THU 1ST	OPO Meditation	10:30
	Scalp & hair analysis**	11:00 - 13:00
	Hatha yoga	17:30

FRI 2ND	Legs training	09:30
	Circuit	17:30

SAT 3RD	Hiking*	09:30
	Core training	09:30
	Boxing**	17:30

SUN 4TH	Elastic bands	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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MAY WEEKLY CALENDAR

MON 5TH	Vinyasa yoga	09:30
	Legs training	17:30

TUE 6TH	Dance of life*	10:30
	Wellness talk**	11:30
	Elastic bands	17:30

WED 7TH	Conscious breathing**	10:30
	TRX	17:30

THU 8TH	OPO Meditation	10:30
	Scalp & hair analysis**	11:00 - 13:00
	Circuit	17:30

FRI 9TH	Stretching	09:30
	Padel games*	17:30

SAT 10TH	Hiking*	09:30
	Core training	09:30
	Aerial yoga	17:30

SUN 11TH	Legs training	09:30
	Meditation	17:30

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MON 12TH	Vinyasa yoga	09:30
	Circuit	17:30

TUE 13TH	Dance of life*	10:30
	Wellness talk**	11:30
	Core training	17:30

WED 14TH	Conscious breathing**	10:30
	Boxing**	17:30

THU 15TH	OPO Meditation	10:00
	Scalp & hair analysis**	11:00 - 13:00
	Hatha yoga	17:30

FRI 16TH	Elastic bands	09:30
	Padel games*	17:30

SAT 17TH	Hiking*	09:30
	Core training	09:30
	Legs training	17:30

SUN 18TH	Stretching	09:30
	Aerial yoga	17:30

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MON 19TH	Vinyasa yoga	09:30
	Elastic bands	17:30

TUE 20TH	Dance of life*	10:30
	Wellness talk**	11:30
	Legs training	17:30

WED 21ST	Conscious breathing**	10:30
	Boxing**	17:30

THU 22ND	OPO Meditation	10:30
	Scalp & hair analysis**	11:00 - 13:00
	Hatha yoga	17:30

FRI 23RD	Elastic bands	09:30
	TRX	17:30

SAT 24TH	Hiking*	09:30
	Core training	09:30
	Aerial yoga	17:30

SUN 25TH	Circuit	09:30
	Stretching	17:30

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MON 26TH	Vinyasa yoga	09:30
	Elastic bands	17:30

TUE 27TH	Dance of life*	10:30
	Wellness talk**	11:30
	Core training	17:30

WED 28TH	TRX	09:30
	Boxing**	17:30

THU 29TH	OPO Meditation	10:30
	Scalp & hair analysis**	11:00 - 13:00
	Hatha yoga	17:30

FRI 30TH	Stretching	09:30
	Legs training	17:30

SAT 31ST	Hiking*	09:30
	Core training	09:30
	Aerial yoga	17:30

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MARBELLA CLUB

Bulevar Príncipe Alfonso von Hohenlohe, s/n, 29602, Marbella, Málaga, Spain
Telephone (+34) 952 822 211 marbellaclubwellness.com