

Wellness Activities



WELLNESS

Wellness Activities

JUNE WEEKLY CALENDAR

SUN 1ST	Circuit	09:30
	Stretching	17:30

MON 2ND	HarmoniZen*	09:30
	Legs training	17:30

TUE 3RD	Dance of life*	10:30
	Wellness talk**	11:30
	Elastic bands	17:30

WED 4TH	Conscious breathing**	10:30
	Core training	17:30

THU 5TH	OPO Meditation	10:30
	Scalp & hair analysis**	11:00 - 13:00
	TRX	17:30

FRI 6TH	Circuit	09:30
	Hiking*	09:30
	Padel games*	17:30

SAT 7TH	Elastic bands	09:30
	Aerial yoga	17:30

SUN 8TH	Vinyasa yoga	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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JUNE WEEKLY CALENDAR

MON 9TH	HarmoniZen*	09:30	FRI 13TH	Circuit	09:30
	TRX	17:30		Hiking*	09:30
				Padel games*	17:30
TUE 10TH	Dance of life*	10:30	SAT 14TH	Core training	09:30
	Wellness talk**	11:30		Hatha yoga	17:30
	Legs training	17:30			
WED 11TH	Conscious breathing**	10:30	SUN 15TH	Elastic bands	09:30
	Vinyasa yoga	17:30		Stretching	17:30
THU 12TH	OPO Meditation	10:00			
	Scalp & hair analysis**	11:00 - 13:00			
	Core training	17:30			

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MON 16TH	HarmoniZen*	09:30
	Circuit	17:30

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

WED 18TH	Conscious breathing**	10:30
	Boxing**	17:30

THU 19TH	OPO Meditation	10:30
	Scalp & hair analysis**	11:00 - 13:00
	TRX	17:30

FRI 20TH	Elastic bands	09:30
	Hiking*	09:30

SAT 21ST	Hatha yoga	09:30
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SUN 22ND	Stretching	09:30
	Boxing**	17:30

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MON 23RD	HarmoniZen*	09:30
	Vinyasa yoga	17:30

TUE 24TH	Dance of life*	10:30
	Wellness talk**	11:30
	Core training	17:30

WED 25TH	Conscious breathing**	09:30
	TRX	17:30

THU 26TH	OPO Meditation	10:30
	Scalp & hair analysis**	11:00 - 13:00
	Circuito	17:30

FRI 27TH	Hiking*	09:30
	Padel games*	10:00
	Legs training	17:30

SAT 28TH	Core training	09:30
	Aerial yoga	17:30

SUN 29TH	Elastic bands	09:30
	Stretching	17:30

MON 30TH	HarmoniZen*	09:30
	Vinyasa yoga	17:30

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MARBELLA CLUB

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