

Wellness Activities



WELLNESS

Wellness Activities

AUGUST WEEKLY CALENDAR

MON 1ST	Circuit	09:30
	Kundalini yoga & meditacion with Coco	17:30

TUE 2ND	Aerial yoga	09:30
	Paddle surf	13:00
	Face yoga with Coco	17:30

WED 3RD	Functional training	09:30
	Self reiki to heal stress with Coco	17:30

THU 4TH	Relaxation with crystals & essences	09:30
	Paddle surf	13:00
	Kundalini yoga & meditacion with Coco	17:30

FRI 5TH	Vinyasa yoga	09:30
	Paddle surf	13:00
	Face yoga with Coco	17:30

SAT 6TH	Family yoga	09:30
	Abs	19:00

SUN 7TH	TRX	09:30
	Circuit	19:00

Complimentary for hotel guests · 40 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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AUGUST WEEKLY CALENDAR

MON 8TH	Functional training	09:30
	Kundalini yoga & meditation with Coco	17:30

TUE 9TH	Kettlecore	09:30
	Paddle surf	13:00
	Face yoga with Coco	17:30

WED 10TH	Elastic bands	09:30
	Self reiki to heal stress with Coco	17:30

THU 11TH	Yin yoga	09:30
	Paddle surf	13:00
	Kundalini yoga & meditation with Coco	17:30

FRI 12TH	TRX	09:30
	Face yoga with Coco	17:30

SAT 13TH	Functional training	09:30
	Aerial yoga	19:00

SUN 14TH	Abs	09:30
	Stretching	19:00

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MON 15TH Circuit 09:30
Kundalini yoga & meditation with Coco 17:30

TUE 16TH Functional training 09:30
Paddle surf 13:00
Face yoga with Coco 17:30

WED 17TH Aerial yoga 09:30
Self reiki to heal stress with Coco 17:30

THU 18TH Abs 09:30
Paddle surf 13:00
Kundalini yoga & meditation with Coco 17:30

FRI 19TH Elastic bands 09:30
Face yoga with Coco 17:30

SAT 20TH TRX 09:30
Hatha yoga 19:00

SUN 21ST Elastic bands 09:30
Aerial yoga 19:00

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MON 22ND Family yoga 09:30
Kundalini yoga & meditation with Coco 17:30

TUE 23RD Functional training 09:30
Paddle surf 13:00
Face yoga with Coco 17:30

WED 24TH Kettlecore 09:30
Self Reiki to heal stress with Coco 19:00

THU 25TH Circuit 09:30
Paddle surf 13:00
Kundalini yoga & meditation with Coco 17:30

FRI 26TH TRX 09:30
Face yoga with Coco 17:30

SAT 27TH Mat Pilates 09:30
Elastic bands 19:00

SUN 28TH Functional training 09:30
Aerial yoga 19:00

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AUGUST WEEKLY CALENDAR

MON 29TH Circuit 09:30
Kundalini yoga & meditation with Coco 17:30

WED 31ST Functional training 09:30
Self reiki to heal stress with Coco 17:30

TUE 30TH Abs 09:30
Face yoga with Coco 17:30

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MARBELLA CLUB

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