



Wellness Activities



Wellness Activities

APRIL WEEKLY CALENDAR

WED 1ST	Breath awake**	10:30
	Kettlebells training	17:30
THU 2ND	Taichi Qi Gong	10:00
	Scalp & hair analysis**	11:00 - 13:00
	Herb incense**	15:30
FRI 3RD	Hiking*	09:30
	Dance of life*	10:30
	Stretching	17:30
SAT 4TH	Aerial yoga	09:30
	TRX	17:30
SUN 5TH	Core training	09:30
	Elastic bands	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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APRIL WEEKLY CALENDAR

MON 6TH	OPO meditation Yoga	09:00 17:30
TUE 7TH	HarmoniZen** Kettlebells training	09:00 17:30
WED 8TH	Breath awake** Cardio box	10:30 17:30
THU 9TH	Taichi Qi Gong Scalp & hair analysis** Herb incense**	10:00 11:00 - 13:00 15:30
FRI 10TH	Hiking* Dance of life* Body healing	09:30 10:30 17:30
SAT 11TH	Aerial Pilates Circuit	09:30 17:30
SUN 12TH	Core training Stretching	09:30 17:30

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MON 13TH	OPO meditation Elastic bands	09:00 17:30
TUE 14TH	HarmoniZen** Yoga	09:00 17:30
WED 15TH	Breath awake** Legs training	10:30 17:30
THU 16TH	Stretching Scalp & hair analysis** Herb incense**	09:30 11:00 - 13:00 15:30
FRI 17TH	Hiking* Dance of life* Circuit	09:30 10:30 17:30
SAT 18TH	Body healing Core training	09:30 17:30
SUN 19TH	Aerial yoga Kettlebell training	09:30 17:30

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MON 20TH	OPO meditation Stretching	09:00 17:30
TUE 21ST	HarmoniZen** Cardio box	09:00 17:30
WED 22ND	Breath awake** Core training	10:30 17:30
THU 23RD	Taichi Qi Gong Scalp & hair analysis** Herb incense**	10:00 11:00 - 13:00 15:30
FRI 24TH	Hiking* Dance of life* Yoga	09:30 10:30 17:30
SAT 25TH	Legs training Elastic bands	09:30 17:30
SUN 26TH	Aerial yoga Body healing	09:30 17:30

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MON 27TH	OPO meditation Kettlebell training	09:00 17:30
TUE 28TH	HarmoniZen** TRX	09:00 17:30
WED 29TH	Breath awake** Circuit	10:30 17:30
THU 30TH	Taichi Qi Gong Scalp & hair analysis** Herb incense**	10:00 11:00 - 13:00 15:30

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