

Wellness Activities



WELLNESS

Wellness Activities

AUGUST WEEKLY CALENDAR

FRI 1 ST	Circuit	09:30
	Hiking*	09:30
	Padel games*	17:30
SAT 2 ND	Legs training	09:30
	Elastic bands	17:30
SUN 3 RD	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.



Wellness Activities

AUGUST WEEKLY CALENDAR

MON 4TH	HarmoniZen*	08:30
	TRX	17:30

TUE 5TH	Elastic bands	09:30
	Self reiki practice with Coco	17:30

WED 6TH	Sunrise positive vibes ritual*	07:30
	Vinyasa yoga	09:30
	Core training	17:30

THU 7TH	OPO Meditation	09:00
	Scalp & hair analysis**	11:00 - 13:00
	Kundalini yoga & meditation with Coco	17:30

FRI 8TH	Circuit	09:30
	Hiking*	09:30
	Padel games*	17:30

SAT 9TH	Legs training	09:30
	Elastic bands	17:30

SUN 10TH	Stretching	09:30
	Aerial yoga	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.



Wellness Activities

AUGUST WEEKLY CALENDAR

MON 11TH	HarmoniZen*	08:30
	Circuit	17:30

TUE 12TH	Dance of life*	10:30
	Self reiki practice with Coco	17:30

WED 13TH	Conscious breathing**	10:30
	Core training	17:30

THU 14TH	OPO Meditation	09:00
	Scalp & hair analysis**	11:00 - 13:00
	Kundalini yoga & meditation with Coco	17:30

FRI 15TH	Sunrise positive vibes ritual*	07:30
	Hiking*	09:30
	Legs training	17:30

SAT 16TH	Elastic bands	09:30
	Aerial yoga	17:30

SUN 17TH	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.



Wellness Activities

AUGUST WEEKLY CALENDAR

MON 18TH	HarmoniZen*	08:30
	Legs training	17:30

TUE 19TH	Dance of life*	10:30
	Self reiki practice with Coco	17:30

WED 20TH	Conscious breathing**	10:30
	Vinyasa yoga	17:30

THU 21ST	OPO Meditation	09:00
	Scalp & hair analysis**	11:00 - 13:00
	Kundalini yoga & meditation with Coco	17:30

FRI 22ND	Hiking*	09:30
	Circuit	09:30
	Padel games*	17:30

SAT 23RD	Yoga	09:30
	Core training	17:30

SUN 24TH	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.



Wellness Activities

AUGUST WEEKLY CALENDAR

MON 25TH	HarmoniZen*	08:30
	Legs training	17:30

TUE 26TH	Dance of life*	10:30
	Self reiki practice with Coco	17:30

WED 27TH	Conscious breathing**	10:30
	Aerial yoga	17:30

THU 28TH	OPO Meditation	09:00
	Scalp & hair analysis**	11:00 - 13:00
	Kundalini yoga & meditation with Coco	17:30

FRI 29TH	Hiking*	09:30
	Circuit	09:30
	Padel games*	17:30

SAT 30TH	Yoga	09:30
	Core training	17:30

SUN 31ST	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.



MARBELLA CLUB

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