

Wellness Activities



WELLNESS

Wellness Activities

NOVEMBER WEEKLY CALENDAR

SAT 1 ST	Legs training	09:30
	Elastic bands	17:30
SUN 2 ND	Stretching	09:30
	TRX	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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NOVEMBER WEEKLY CALENDAR

MON 3 RD	HarmoniZen**	08:30	FRI 7 TH	Hiking*	09:30	
				Vinyasa yoga	09:30	
	Circuit	17:30			Padel games*	17:30
TUE 4 TH	Dance of life*	10:30	SAT 8 TH	Aerial yoga	09:30	
	Wellness talk**	15:00				
	Core training	17:30			Core training	17:30
WED 5 TH	Conscious breathing**	10:30	SUN 9 TH	TRX	09:30	
	Legs training	17:30			Stretching	17:30
THU 6 TH	OPO Meditation	09:00				
	Scalp & hair analysis**	11:00 - 13:00				
	Elastic bands	17:30				

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MON 10TH	HarmoniZen**	08:30	FRI 14TH	Hiking*	09:30
	Vinyasa yoga	17:30		TRX	17:30
TUE 11TH	Dance of life*	10:30	SAT 15TH	Core training	09:30
	Wellness talk**	15:00		Legs training	17:30
	Circuit	17:30	SUN 16TH	Stretching	17:30
WED 12TH	Conscious breathing**	10:30			
	Legs training	17:30			
THU 13TH	OPO Meditation	09:00			
	Scalp & hair analysis**	11:00 - 13:00			
	Elastic bands	17:30			

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MON 17 TH	HarmoniZen**	08:30	FRI 21 ST	Hiking*	09:30
	Elastic bands	17:30		Circuit	09:30
				Padel games*	17:30
TUE 18 TH	Dance of life*	10:30	SAT 22 ND	Core training	09:30
	Wellness talk**	15:00		TRX	17:30
	TRX	17:30			
WED 19 TH	Conscious breathing**	10:30	SUN 23 RD	Elastic bands	09:30
	Leg training	17:30		Stretching	17:30
THU 20 TH	OPO Meditation	09:00			
	Scalp & hair analysis**	11:00 - 13:00			
	Yoga	17:30			

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MON 24 TH	HarmoniZen**	08:30	FRI 28 TH	Hiking*	09:30
				Yoga	09:30
	Legs training	17:30			Padel games*
TUE 25 TH	Dance of life*	10:30	SAT 29 TH	Elastic bands	09:30
	Wellness talk**	15:00			
	TRX	17:30		Core training	17:30
WED 26 TH	Conscious breathing**	10:30	SUN 30 TH	Vinyasa yoga	09:30
	Elastic bands	17:30			Stretching
THU 27 TH	OPO Meditation	09:00			
	Scalp & hair analysis**	11:00 - 13:00			
	Circuit	17:30			

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MARBELLA CLUB

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