

Wellness Activities



WELLNESS

Wellness Activities

SEPTEMBER WEEKLY CALENDAR

MON 1ST	HarmoniZen**	08:30
	Vinyasa yoga	17:30

TUE 2ND	Dance of life*	10:30
	Wellness talk**	15:00
	Self reiki practice with Coco	17:30

WED 3RD	Aerial yoga	09:30
	Core training	17:30

THU 4TH	OPO Meditation	09:00
	Scalp & hair analysis**	11:00 - 13:00
	Kundalini yoga & meditation with Coco	17:30

FRI 5TH	Circuit	09:30
	Hiking*	09:30
	Padel games*	17:30

SAT 6TH	Legs training	09:30
	Elastic bands	17:30

SUN 7TH	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.



Wellness Activities

SEPTEMBER WEEKLY CALENDAR

MON 8TH	HarmoniZen**	08:30
	Circuit	17:30

TUE 9TH	Dance of life*	10:30
	Wellness talk**	15:00
	Self reiki practice with Coco	17:30

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

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

FRI 12TH	Hiking*	09:30
	Vinyasa yoga	09:30
	Padel games*	17:30

SAT 13TH	Elastic bands	09:30
	Aerial yoga	17:30

SUN 14TH	TRX	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

SEPTEMBER WEEKLY CALENDAR

MON 15TH	HarmoniZen**	08:30
	Legs training	17:30

TUE 16TH	Dance of life*	10:30
	Wellness talk**	15:00
	Self reiki practice with Coco	17:30

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

THU 18TH	OPO Meditation	09:00
	Scalp & hair analysis**	11:00 - 13:00
	Kundalini yoga & meditation with Coco	17:30

FRI 19TH	Hiking*	09:30
	Circuit	09:30
	TRX	17:30

SAT 20TH	Core training	09:30
	Aerial yoga	17:30

SUN 21ST	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

SEPTEMBER WEEKLY CALENDAR

MON 22ND	HarmoniZen**	08:30
	Legs training	17:30

TUE 23RD	Dance of life*	10:30
	Wellness talk**	15:00
	Self reiki practice with Coco	17:30

WED 24TH	Councious breathing**	10:30
	Elastic bands	17:30

THU 25TH	OPO Meditation	09:00
	Scalp & hair analysis**	11:00 - 13:00
	Kundalini yoga & meditation with Coco	17:30

FRI 26TH	Hiking*	09:30
	Circuit	09:30
	Padel games*	17:30

SAT 27TH	Vinyasa yoga	09:30
	Core training	17:30

SUN 28TH	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

SEPTEMBER WEEKLY CALENDAR

MON 29 TH	HarmoniZen**	08:30
	Legs training	17:30
TUE 30 TH	Dance of life*	10:30
	Wellness talk**	15:00
	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.



MARBELLA CLUB

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