

SEPTEMBER WEEKLY CALENDAR

MON 1 ST HarmoniZen** Vinyasa yoga 17:30 FRI 5 TH Circuit Hiking* Padel games* TUE 2 ND Dance of life* Wellness talk** Self reiki practice with Coco 17:30 WED 3 RD Aerial yoga Core training 17:30 Aerial yoga Sun 7 TH Stretching TRX THU 4 TH OPO Meditation Scalp & hair analysis** Kundalini yoga & meditation with Coco 17:30 FRI 5 TH Circuit Hiking* Padel games* SAT 6 TH Legs training Elastic bands SUN 7 TH Stretching TRX						
TUE 2 ND Dance of life* Wellness talk** Self reiki practice with Coco 17:30 WED 3 RD Aerial yoga Core training THU 4 TH OPO Meditation Scalp & hair analysis** Padel games* SAT 6 TH Legs training Elastic bands SUN 7 TH Stretching TRX	MON 1 ST	HarmoniZen**	08:30	FRI 5 [™]	Circuit	09:30
TUE 2 ND Dance of life* Wellness talk** Self reiki practice with Coco 17:30 WED 3 RD Aerial yoga Core training OPO Meditation Scalp & hair analysis** 10:30 SAT 6 TH Legs training Elastic bands SUN 7 TH Stretching TRX		Vinyasa yoga	17:30		Hiking*	09:30
Wellness talk** Self reiki practice with Coco WED 3 RD Aerial yoga Core training OPO Meditation Scalp & hair analysis** 15:00 17:30 Elastic bands SUN 7 TH Stretching TRX					Padel games*	17:30
Self reiki practice with Coco 17:30 WED 3 RD Aerial yoga 09:30 Core training 17:30 THU 4 TH OPO Meditation 09:00 Scalp & hair analysis** 11:00 - 13:00	TUE 2 ND	Dance of life*	10:30	SAT 6TH	Legs training	09:30
WED 3 RD Aerial yoga 09:30 SUN 7 TH Stretching TRX THU 4 TH OPO Meditation Scalp & hair analysis** 09:00 11:00 - 13:00		Wellness talk**	15:00		Elastic bands	17:30
Core training 17:30 TRX THU 4 TH OPO Meditation 09:00 Scalp & hair analysis** 11:00 - 13:00		Self reiki practice with Coco	17:30			
THU 4 TH OPO Meditation 09:00 Scalp & hair analysis** 11:00 - 13:00	WED 3 RD	Aerial yoga	09:30	SUN 7 [™]	Stretching	09:30
Scalp & hair analysis** 11:00 - 13:00		Core training	17:30		TRX	17:30
Scalp & hair analysis** 11:00 - 13:00		OPO Meditation	09.00			
	1110 4					
Kundalini yoga & meditation with Coco 17:30		1				
		Kundalini yoga & meditation with Coco	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

SEPTEMBER WEEKLY CALENDAR

MON 8 TH	HarmoniZen**	08:30	FRI 12 TH	Hiking*	09:30
	Circuit	17:30		Vinyasa yoga	09:30
				Padel games*	17:30
TUE 9 [™]	Dance of life*	10:30	SAT 13 TH	Elastic bands	09:30
	Wellness talk**	15:00		Aerial yoga	17:30
	Self reiki practice with Coco	17:30			
WED 10 TH	Conscious breathing**	10:30	SUN 14 TH	TRX	09:30
	Core training	17:30		Stretching	17:30
THU 11 [™]	OPO Meditation	09:00			
	Scalp & hair analysis**	11:00 - 13:00			
	Kundalini yoga & meditation with Coco	17:30			



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SEPTEMBER WEEKLY CALENDAR

MON 15 TH	HarmoniZen**		08:30	FRI 19 [™]	Hiking*	09:30
	Legs training		17:30		Circuit	09:30
					TRX	17:30
TUE 16 TH	Dance of life*		10:30	SAT 20 TH	Core training	09:30
	Wellness talk**		15:00		Aerial yoga	17:30
	Self reiki practice with Coco		17:30			
WED 17 TH	Conscious breathing**		10:30	SUN 21 ST	Elastic bands	09:30
	Vinyasa yoga		17:30		Stretching	17:30
THU 18 [™]	OPO Meditation		09:00			
1110 10	Scalp & hair analysis**	11:00 -				
	Kundalini yoga & meditation with Coco	11.00	17:30			



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SEPTEMBER WEEKLY CALENDAR

HarmoniZen**	08:	30 FRI 26 TH	Hiking*	09:30
Legs training	17:	30	Circuit	09:30
			Padel games*	17:30
Dance of life*	10:	30 SAT 27 TH	Vinyasa yoga	09:30
Wellness talk**	15:	00	Core training	17:30
Self reiki practice with Coco	17:	30		
Councious breathing**	10:	30 SUN 28 TH	Elastic bands	09:30
Elastic bands	17:	30	Stretching	17:30
OPO Meditation	0.9:	00		
Kundalini yoga & meditation with Coco				
	Legs training Dance of life* Wellness talk** Self reiki practice with Coco Councious breathing** Elastic bands OPO Meditation Scalp & hair analysis**	Legs training 17: Dance of life* 10: Wellness talk** 15: Self reiki practice with Coco 17: Councious breathing** 10: Elastic bands 17: OPO Meditation 09: Scalp & hair analysis** 11:00 - 13:	Legs training 17:30 Dance of life* 10:30 SAT 27 TH Wellness talk** 15:00 Self reiki practice with Coco 17:30 Councious breathing** 10:30 SUN 28 TH Elastic bands 17:30 OPO Meditation 09:00 Scalp & hair analysis** 11:00 - 13:00	Legs training 17:30 Circuit Padel games* Dance of life* Wellness talk** 15:00 Self reiki practice with Coco 17:30 Councious breathing** Elastic bands 17:30 SUN 28 TH Elastic bands Stretching OPO Meditation Scalp & hair analysis** 11:00 - 13:00



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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

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MARBELLA CLUB