



Wellness Activities

Wellness Activities

SEPTEMBER WEEKLY CALENDAR

TUE 1ST

09:00 – HarmoniZen**

Guided meditation using handheld crystal tools to deepen relaxation and sensory awareness

17:30 – Strength training with kettlebells

WED 2ND

09:30 – TRX

10:00 – Bike tour**

Guided bike tours

17:30 – Core training

THU 3RD

10:00 – Tai Chi & Qi Gong**

17:30 – Kundalini yoga with Coco

FRI 4TH

09:30 – Hiking*

09:30 – Strength training with kettlebells

12:00 – Sauna & Ice bath*

17:30 – Aerial yoga

SAT 5TH

09:30 – HIIT

17:30 – Lower body strength

SUN 6TH

09:30 – Yoga

17:30 – Stretch & Release

*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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SEPTEMBER WEEKLY CALENDAR

MON 7TH

09:30 – Mobility session

Controlled movement to improve range of motion and joint function

17:30 – Yoga

TUE 8TH

09:00 – HarmoniZen**

Guided meditation using handheld crystal tools to deepen relaxation and sensory awareness

17:30 – TRX

WED 9TH

10:00 – Bike tour **

Guided bike tours

10:30 – Breath awake

Guided breathwork to increase energy, focus and resilience

17:30 – Core Training

THU 10TH

10:00 – Tai Chi & Qi Gong**

17:30 – Kundalini yoga with Coco

FRI 11TH

09:30 – Hiking*

10:30 – Dance of life*

An inner journey of movement, conscious breath work and visualisation to energise and bring you into alignment

12:00 – Sauna & Ice bath*

17:30 – Lower body strength

SAT 12TH

09:30 – HIIT

17:30 – Aerial yoga

SUN 13TH

09:30 – Strength training with kettlebells

17:30 – Stretch & Release

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MON 14TH

09:30 – Strength training with elastic bands

17:30 – Yoga

TUE 15TH

09:00 – **HarmoniZen****

Guided meditation using handheld crystal tools to deepen relaxation and sensory awareness

17:30 – TRX

WED 16TH

10:00 – **Bike tour ****

Guided bike tours

10:30 – **Breath awake**

Guided breathwork to increase energy, focus and resilience

17:30 – **Lower body strength**

THU 17TH

10:00 – **Tai Chi & Qi Gong****

17:30 – **Kundalini yoga with Coco**

FRI 18TH

09:30 – **Hiking***

10:30 – **Dance of life***

An inner journey of movement, conscious breath work and visualisation to energise and bring you into alignment

12:00 – **Sauna & Ice bath***

17:30 – **Aerial yoga**

SAT 19TH

09:30 – **HIIT**

17:30 – **Core training**

SUN 20TH

09:30 – **Strength training with kettlebells**

17:30 – **Stretch & Release**

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MON 21ST

09:30 – Yoga

17:30 – Lower body strength

TUE 22ND

09:00 – HarmoniZen**

Guided meditation using handheld crystal tools to deepen relaxation and sensory awareness

17:30 – TRX

WED 23RD

10:00 – Bike tour **

Guided bike tours

10:30 – Breath awake

Guided breathwork to increase energy, focus and resilience

17:30 – Strength training with kettlebells

THU 24TH

10:00 – Tai Chi & Qi Gong**

17:30 – Kundalini yoga with Coco

FRI 25TH

09:30 – Pilates mat

10:30 – Dance of life*

An inner journey of movement, conscious breath work and visualisation to energise and bring you into alignment

12:00 – Sauna & Ice bath*

17:30 – Core training

SAT 26TH

09:00 – HIIT

17:30 – Strength training with elastic bands

SUN 27TH

09:30 – Strength training with kettlebells

17:30 – Stretch & Release

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MON 28TH

09:30 – Yoga

17:30 – Lower body strength

TUE 29TH

09:00 – **HarmoniZen****

Guided meditation using handheld crystal tools to deepen relaxation and sensory awareness

17:30 – **Strength training with kettlebells**

WED 30TH

10:00 – **Bike tour ****

Guided bike tours

10:30 – **Breath awake**

Guided breathwork to increase energy, focus and resilience

17:30 – **Core training**

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