

# *Wellness Activities*

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WELLNESS

# Wellness Activities

APRIL WEEKLY CALENDAR

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<b>MON 1<sup>ST</sup></b>	Circuit	09:30
	Mobility training	17:00

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<b>TUE 2<sup>ND</sup></b>	Vinyasa Yoga	09:30
	Elastic bands	17:00

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<b>WED 3<sup>RD</sup></b>	Conscious breathing	10:30
	Padel for kids	16:00
	Functional training	17:00

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<b>THU 4<sup>TH</sup></b>	Wellness talk	11:00
	Power of cacao	12:00
	Kettlecore	17:00

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<b>FRI 5<sup>TH</sup></b>	Face Yoga	11:00
	Padel for teens	16:00
	TRX	17:00

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<b>SAT 6<sup>TH</sup></b>	Abs + Hiking	09:30
	Aerial Yoga	17:00

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<b>SUN 7<sup>TH</sup></b>	Hatha Yoga	09:30
	Stretching	17:00

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Complimentary for hotel guests · 50 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](mailto:wellness@marbellaclub.com)

We ask that you please be on time. Those arriving late will not be permitted to enter.



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APRIL WEEKLY CALENDAR

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<b>MON 8<sup>TH</sup></b>	Circuit	09:30
	Mobility training	17:00

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<b>TUE 9<sup>TH</sup></b>	Vinyasa Yoga	09:30
	Elastic bands	17:00

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<b>WED 10<sup>TH</sup></b>	Conscious breathing	10:30
	Padel for kids	16:00
	Functional training	17:00

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<b>THU 11<sup>TH</sup></b>	Wellness talk	11:00
	Kettlecore	17:00

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<b>FRI 12<sup>TH</sup></b>	Face Yoga	11:00
	Padel for teens	16:00
	TRX	17:00

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<b>SAT 13<sup>TH</sup></b>	Abs + Hiking	09:30
	Aerial Yoga	17:00

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<b>SUN 14<sup>TH</sup></b>	Hatha Yoga	09:30
	Stretching	17:00

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APRIL WEEKLY CALENDAR

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<b>MON 15<sup>TH</sup></b>	Circuit	09:30
	Mobility training	17:00

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<b>TUE 16<sup>TH</sup></b>	Vinyasa Yoga	09:30
	Elastic bands	17:00

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<b>WED 17<sup>TH</sup></b>	Conscious breathing	10:30
	Padel for kids	16:00
	Functional training	17:00

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<b>THU 18<sup>TH</sup></b>	Wellness talk	11:00
	Kettlecore	17:00

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<b>FRI 19<sup>TH</sup></b>	Face Yoga	11:00
	Padel for teens	16:00
	TRX	17:00

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<b>SAT 20<sup>TH</sup></b>	Abs + Hiking	09:30
	Aerial Yoga	17:00

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<b>SUN 21<sup>ST</sup></b>	Hatha Yoga	09:30
	Stretching	17:00

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## APRIL WEEKLY CALENDAR

<b>MON 22<sup>ND</sup></b>	Circuit	09:30	<b>FRI 26<sup>TH</sup></b>	Face Yoga	11:00
	Mobility training	17:00		Padel for teens	16:00
<b>TUE 23<sup>RD</sup></b>	Vinyasa Yoga	09:30	<b>SAT 27<sup>TH</sup></b>	TRX	17:00
	Elastic bands	17:00		Abs + Hiking	09:30
<b>WED 24<sup>TH</sup></b>	Conscious breathing	10:30	<b>SUN 28<sup>TH</sup></b>	Aerial Yoga	17:00
	Padel for kids	16:00		Hatha Yoga	09:30
	Functional training	17:00		Stretching	17:00
<b>THU 25<sup>TH</sup></b>	Wellness talk	11:00			
	Kettlecore	17:00			

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APRIL WEEKLY CALENDAR

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<b>MON 29<sup>TH</sup></b>	Circuit	09:30
	Mobility training	17:00

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<b>TUE 30<sup>TH</sup></b>	Vinyasa Yoga	09:30
	Elastic bands	17:00

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## MARBELLA CLUB

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