

# *Wellness Activities*

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WELLNESS



# Wellness Activities

## JUNE WEEKLY CALENDAR

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<b>SAT 1<sup>ST</sup></b>	Core training	09:00
	Hiking*	10:30
	Functional training	18:30

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<b>SUN 2<sup>ND</sup></b>	Aerial Yoga	09:00
	Stretching	18:30

\*Additional charge \*\*Booking required before 6PM the previous day, if there are no reservations, the activity will be cancelled

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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# Wellness Activities

## JUNE WEEKLY CALENDAR

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<b>MON 3<sup>RD</sup></b>	Vinyasa Yoga	09:00
	Padel for kids	16:00
	Elastic bands	18:30

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<b>TUE 4<sup>TH</sup></b>	GAP	09:00
	Tai Chi	18:30

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<b>WED 5<sup>TH</sup></b>	Councious breathing**	10:30
	Functional training	18:30

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<b>THU 6<sup>TH</sup></b>	SUP Sound healing	10:00
	Wellness talk**	11:00
	Tai Chi	18:30

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<b>FRI 7<sup>TH</sup></b>	Face Yoga**	11:00
	Padel for teens	16:00
	Boxing	18:30

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<b>SAT 8<sup>TH</sup></b>	Core training	09:00
	Hiking*	10:30
	Functional training	18:30

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<b>SUN 9<sup>TH</sup></b>	Aerial Yoga	09:00
	Stretching	18:30

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<b>MON 10<sup>TH</sup></b>	Vinyasa Yoga	09:00
	Padel for kids	16:00
	Elastic bands	18:30

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<b>TUE 11<sup>TH</sup></b>	GAP	09:00
	Tai Chi	18:30

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<b>WED 12<sup>TH</sup></b>	Councious breathing**	10:30
	Why cacao is the ultimate superfood	12:00
	Functional training	18:30

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<b>THU 13<sup>TH</sup></b>	Wellness talk**	11:00
	Tai Chi	18:30

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<b>FRI 14<sup>TH</sup></b>	SUP Yoga	10:00
	Face Yoga**	11:00
	Padel for teens	16:00
	Boxing	18:30

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<b>SAT 15<sup>TH</sup></b>	Core training	09:00
	Hiking*	10:30
	Vinyasa Yoga	18:30

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<b>SUN 16<sup>TH</sup></b>	Aerial Yoga	09:00
	Stretching	18:30

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<b>MON 17<sup>TH</sup></b>	Vinyasa Yoga	09:00
	Padel for kids	16:00
	Elastic bands	18:30

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<b>TUE 18<sup>TH</sup></b>	GAP	09:00
	SUP Yoga	10:00
	Tai Chi	18:30

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<b>WED 19<sup>TH</sup></b>	Councious breathing**	10:30
	Functional training	18:30

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<b>THU 20<sup>TH</sup></b>	Wellness talk**	11:00
	Tai Chi	18:30

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<b>FRI 21<sup>ST</sup></b>	Face Yoga**	11:00
	Padel for teens	16:00
	Boxing	18:30

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<b>SAT 22<sup>ND</sup></b>	Core training	09:00
	Hiking*	10:30
	Kettlecore	18:30

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<b>SUN 23<sup>RD</sup></b>	Circuit	09:00
	Stretching	18:30

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<b>MON 24<sup>TH</sup></b>	Vinyasa Yoga	09:00
	Padel for kids	16:00
	Elastic bands	18:30

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<b>TUE 25<sup>TH</sup></b>	GAP	09:00
	Tai Chi	18:30

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<b>WED 26<sup>TH</sup></b>	Councious breathing**	10:30
	Functional training	18:30

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<b>THU 27<sup>TH</sup></b>	Wellness talk**	11:00
	Tai Chi	18:30

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<b>FRI 28<sup>TH</sup></b>	SUP Pilates	10:00
	Face Yoga**	11:00
	Padel for teens	16:00
	Boxing	18:30

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<b>SAT 29<sup>TH</sup></b>	Core training	09:00
	Hiking*	10:30
	Kettlecore	18:30

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<b>SUN 30<sup>TH</sup></b>	Aerial Yoga	09:00
	Stretching	18:30

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## MARBELLA CLUB

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