



Wellness Activities



WELLNESS

Wellness Activities

JANUARY WEEKLY CALENDAR

THU 1ST	HarmoniZen** Scalp & hair analysis** Elastic bands	09:00 11:00 - 13:00 17:30
FRI 2ND	Hiking* Kettlebells training	09:30 17:30

SAT 3RD	TRX Aerial yoga	09:30 17:30
SUN 4TH	Core training Stretching	09:30 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.



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JANUARY WEEKLY CALENDAR

MON 5TH	OPO Meditation Legs training	09:00 17:30
TUE 6TH	Circuit Elastic bands	09:30 17:30
WED 7TH	Breath awake** Kettlebells training	10:30 17:30
THU 8TH	HarmoniZen** Scalp & hair analysis** Cardio box	09:00 11:00 - 13:00 17:30

FRI 9TH	Hiking* Core training Vinyasa yoga	09:30 09:30 17:30
SAT 10TH	Aerial pilates Circuit	09:30 17:30
SUN 11TH	Body healing Stretching	09:30 17:30

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MON 12 TH	OPO Meditation Vinyasa yoga	09:00 17:30
TUE 13 TH	Dance of life* Hypopressive exercises	10:30 17:30
WED 14 TH	Breath awake** Cardio box	10:30 17:30
THU 15 TH	HarmoniZen** Scalp & hair analysis** Kettlebells training	09:00 11:00 - 13:00 17:30

FRI 16 TH	Hiking* Padel games*	09:30 17:30
SAT 17 TH	Core training Elastic bands	09:30 17:30
SUN 18 TH	Body healing Stretching	09:30 17:30

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MON 19 TH	OPO Meditation Circuit	09:00 17:30
TUE 20 TH	Dance of life* TRX	10:30 17:30
WED 21 ST	Breath awake** Herb incense** Core training	10:30 11:30 17:30
THU 22 ND	HarmoniZen** Scalp & hair analysis** Yoga	09:00 11:00 - 13:00 17:30

FRI 23 RD	Hiking* Elastic bands Padel games*	09:30 09:30 17:30
SAT 24 TH	Legs training Body healing	09:30 17:30
SUN 25 TH	Cardio box Stretching	09:30 17:30

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MON 26 TH	OPO Meditation Kettlebells training	09:00 17:30
TUE 27 TH	Dance of life* Core training	10:30 17:30
WED 28 TH	Breath awake** Herb incense** Cardio box	10:30 11:30 17:30

THU 29 TH	HarmoniZen** TRX	09:00 17:30
FRI 30 TH	Hiking* Hypopressive exercises Legs training	09:30 09:30 17:30
SAT 31 ST	Stretching Cardio box	09:30 17:30

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