

Wellness Activities



WELLNESS

Wellness Activities

JANUARY WEEKLY CALENDAR

THU 1 ST	HarmoniZen**	09:00	SAT 3 RD	TRX	09:30
	Scalp & hair analysis**	11:00 - 13:00		Aerial yoga	17:30
	Elastic bands	17:30			
FRI 2 ND	Hiking*	09:30	SUN 4 TH	Core training	09:30
	Kettlebells training	17:30		Stretching	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	09:00
	Legs training	17:30

TUE 6TH	Circuit	09:30
	Elastic bands	17:30

WED 7TH	Breath awake**	10:30
	Kettlebells training	17:30

THU 8TH	HarmoniZen**	09:00
	Scalp & hair analysis**	11:00 - 13:00
	Cardio box	17:30

FRI 9TH	Hiking*	09:30
	Core training	09:30
	Vinyasa yoga	17:30

SAT 10TH	Aerial pilates	09:30
	Circuit	17:30

SUN 11TH	Body healing	09:30
	Stretching	17:30

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MON 12TH	OPO Meditation	09:00
	Vinyasa yoga	17:30

TUE 13TH	Dance of life*	10:30
	Hypopressive exercises	17:30

WED 14TH	Breath awake**	10:30
	Cardio box	17:30

THU 15TH	HarmoniZen**	09:00
	Scalp & hair analysis**	11:00 - 13:00
	Kettlebells training	17:30

FRI 16TH	Hiking*	09:30
	Padel games*	17:30

SAT 17TH	Core training	09:30
	Elastic bands	17:30

SUN 18TH	Body healing	09:30
	Stretching	17:30

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MON 19TH	OPO Meditation	09:00
	Circuit	17:30

TUE 20TH	Dance of life*	10:30
	TRX	17:30

WED 21ST	Breath awake**	10:30
	Herb incense**	11:30
	Core training	17:30

THU 22ND	HarmoniZen**	09:00
	Scalp & hair analysis**	11:00 - 13:00
	Yoga	17:30

FRI 23RD	Hiking*	09:30
	Elastic bands	09:30
	Padel games*	17:30

SAT 24TH	Legs training	09:30
	Body healing	17:30

SUN 25TH	Cardio box	09:30
	Stretching	17:30

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JANUARY WEEKLY CALENDAR

MON 26TH	OPO Meditation	09:00
	Kettlebells training	17:30

TUE 27TH	Dance of life*	10:30
	Core training	17:30

WED 28TH	Breath awake**	10:30
	Herb incense**	11:30
	Cardio box	17:30

THU 29TH	HarmoniZen**	09:00
	TRX	17:30

FRI 30TH	Hiking*	09:30
	Hypopressive exercises	09:30
	Legs training	17:30

SAT 31ST	Stretching	09:30
	Cardio box	17:30

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MARBELLA CLUB

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