



Wellness Activities



Wellness Activities

JULY WEEKLY CALENDAR

WED 1ST

10:30 – Breath awake

Guided breathwork to increase energy, focus and resilience

17:30 – Core training

THU 2ND

10:00 – Tai Chi & Qi Gong**

17:30 – TRX

FRI 3RD

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

17:30 – Mobility session

Controlled movement to improve range of motion and joint function

SAT 4TH

09:00 – HIIT

17:30 – Lower body strength

SUN 5TH

09:30 – Strength training with kettlebells

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.



WELLNESS

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JULY WEEKLY CALENDAR

MON 6TH

09:30 – Circuit
17:30 – Cardio Box

TUE 7TH

09:00 – Strength training with elastic bands
11:30 – HarmoniZen**
Guided meditation using handheld crystal tools to deepen relaxation and sensory awareness

WED 8TH

10:30 – Breath awake
Guided breathwork to increase energy, focus and resilience
17:30 – Core training

THU 9TH

10:00 – Tai Chi & Qi Gong**
17:30 – TRX

FRI 10TH

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
17:30 – Mobility session
Controlled movement to improve range of motion and joint function

SAT 11TH

09:30 – HIIT
17:30 – Lower body strength

SUN 12TH

09:30 – Stretch & Release
17:30 – Aerial yoga

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JULY WEEKLY CALENDAR

MON 13TH

09:30 – Mobility session

Controlled movement to improve range of motion and joint function

17:30 – Strength training with elastic bands

TUE 14TH

09:30 – Circuit

11:30 – HarmoniZen**

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

WED 15TH

10:30 – Breath awake

Guided breathwork to increase energy, focus and resilience

17:30 – Core Training

THU 16TH

10:00 – Tai Chi & Qi Gong**

17:30 – TRX

FRI 17TH

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

18:00 – Lower body strength

SAT 18TH

09:30 – HIIT

17:30 – Cardio Box

SUN 19TH

09:30 – Strength training with kettlebells

17:30 – Stretch & Release

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JULY WEEKLY CALENDAR

MON 20TH

09:30 – Strength training with elastic bands

17:30 – Cardio Box

TUE 21ST

09:30 – Circuit

11:30 – **HarmoniZen****

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

WED 22TH

10:30 – **Breath awake**

Guided breathwork to increase energy, focus and resilience

18:00 – **Lower body strength**

THU 23RD

10:00 – **Tai Chi & Qi Gong****

17:30 – TRX

FRI 24TH

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

17:30 – **Mobility session**

Controlled movement to improve range of motion and joint function

SAT 25TH

09:30 – HIIT

17:30 – Core training

SUN 26TH

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

17:30 – **Stretch & Release**

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JULY WEEKLY CALENDAR

MON 27TH

09:30 – Yoga

17:30 – Lower body strength

TUE 28TH

09:30 – Circuit

11:30 – **HarmoniZen****

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

WED 29TH

10:30 – **Breath awake**

Guided breathwork to increase energy, focus and resilience

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

THU 30TH

10:00 – **Tai Chi & Qi Gong****

17:30 – **TRX**

FRI 31ST

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

17:30 – **Mobility session**

Controlled movement to improve range of motion and joint function

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