

Wellness Activities



WELLNESS

Wellness Activities

AUGUST - SEPTEMBER WEEKLY CALENDAR

MON 26TH	Hatha yoga	09:00
	Padel for kids	16:00
	Iridiology class	18:30

TUE 27TH	Stretching	09:00
	Microcamera analysis**	10:00 - 13:00
	Self reiki practice with Coco	17:30

WED 28TH	Sunrise positive vibes ritual*	07:30
	Councious breathing**	10:30
	TRX	18:30

THU 29TH	SUP sound healing**	10:00
	Wellness talk**	11:00
	Kundalini yoga with Coco	17:30
	Dance of life*	20:00

FRI 30TH	Aerial yoga	09:00
	Face yoga**	11:00
	Padel for teens	16:00
	Circuit	18:30

SAT 31ST	Hiking*	08:30
	Vinyasa yoga	09:00
	Core training	18:30

SUN 1ST	Stretching	09:00
	TRX	18:30

*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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SEPTEMBER WEEKLY CALENDAR

MON 2ND	Vinyasa yoga	09:00
	Padel for kids	16:00
	Introduction of the human design	18:30

TUE 3RD	Wellness talk**	11:00
	Self reiki practice with Coco	17:30

WED 4TH	Sunrise positive vibes ritual*	07:30
	Councious breathing**	10:30
	TRX	18:30

THU 5TH	OPO Meditation	09:00
	Kundalini yoga with Coco	17:30
	Dance of life*	20:00

FRI 6TH	Elastic bands	09:00
	Face yoga**	11:00
	Padel for teens	16:00
	Circuit	18:30

SAT 7TH	Hiking*	08:30
	Aerial yoga	09:00
	Core training	18:30

SUN 8TH	Boxing**	09:00
	Stretching	18:00

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SEPTEMBER WEEKLY CALENDAR

MON 9TH	Vinyasa yoga	09:00
	Padel for kids	16:00
	Introduction of the human design	18:30

TUE 10TH	Wellness talk**	11:00
	Self reiki practice with Coco	17:30

WED 11TH	Sunrise positive vibes ritual*	07:30
	Councious breathing**	10:30
	TRX	18:30

THU 12TH	OPO Meditation	09:45
	Kundalini yoga with Coco	17:30
	Dance of life*	20:00

FRI 13TH	Legs training	09:00
	Face yoga**	11:00
	Padel for teens	16:00
	Circuit	18:30

SAT 14TH	Hiking*	08:30
	Aerial yoga	09:00
	Hatha yoga	18:30

SUN 15TH	Boxing**	09:00
	Stretching	18:30

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SEPTEMBER WEEKLY CALENDAR

MON 16TH Ballet 09:00
Introduction of the human design 18:30

TUE 17TH Wellness talk** 11:00
Self reiki practice with Coco 17:30

WED 18TH Councious breathing** 10:30
Aerial yoga 18:30

THU 19TH OPO Meditation 09:00
Padel for kids 16:00
Vinyasa yoga 18:30
Dance of life* 20:00

FRI 20TH Elastic bands 09:00
Face yoga** 11:00
Hatha yoga 18:30

SAT 21ST Hiking* 08:30
Pilates mat 09:00
Core training 18:30

SUN 22ND Legs training 09:00
Stretching 18:30

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SEPTEMBER WEEKLY CALENDAR

MON 23RD	Vinyasa yoga	09:00
	Boxing**	18:30

TUE 24TH	Wellness talk**	11:00
	Hatha yoga	18:30

WED 25TH	Councious breathing**	10:30
	TRX	18:30

THU 26TH	OPO Meditation	09:00
	Padel for kids	16:00
	Legs training	18:30
	Dance of life*	20:00

FRI 27TH	Elastic bands	09:00
	Face yoga**	11:00
	Circuit	18:30

SAT 28TH	Hiking*	08:30
	Pilates mat	09:00
	Core training	18:30

SUN 29TH	Boxing**	09:00
	Stretching	18:30

MON 30TH	Vinyasa yoga	09:00
	Padel for kids	16:00
	TRX	18:30

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MARBELLA CLUB

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