

Wellness Activities



WELLNESS

Wellness Activities

FEBRUARY WEEKLY CALENDAR

SAT 1ST	Hiking*	09:30
	Core training	09:30
	Aerial yoga	17:30

SUN 2ND	Stretching	09:30
	Circuit	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.



Wellness Activities

FEBRUARY WEEKLY CALENDAR

MON 3RD	Vinyasa yoga	09:30
	TRX	17:30

FRI 7TH	Core training	09:30
	Padel games*	17:30

TUE 4TH	Wellness talk**	11:30
	Legs training	17:30

SAT 8TH	Hiking*	09:30
	Circuit	09:30
	Aerial yoga	17:00

WED 5TH	Conscious breathing**	10:30
	Elastic bands	17:30

SUN 9TH	Boxing**	09:30
	Stretching	17:30

THU 6TH	OPO Meditation	10:30
	Scalp & hair analysis**	11:00 - 13:00
	Hatha yoga	17:30

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FEBRUARY WEEKLY CALENDAR

MON 10TH Vinyasa yoga 09:30
Elastic bands 17:30

TUE 11TH Dance of life* 10:30
Wellness talk** 11:30
TRX 17:30

WED 12TH Conscious breathing** 10:30
Boxing** 17:30

THU 13TH OPO Meditation 10:30
Scalp & hair analysis** 11:00 - 13:00
Aerial yoga 17:30

FRI 14TH Circuit 09:30
Padel games* 17:30

SAT 15TH Hiking* 09:30
Core training 09:30
Elastic bands 17:30

SUN 16TH Legs training 09:30
Stretching 17:30

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MON 17TH Hatha yoga 09:30
Circuit 17:30

TUE 18TH Dance of life* 10:30
Wellness talk** 11:30
Core training 17:30

WED 19TH Conscious breathing** 10:30
Elastic bands 17:30

THU 20TH OPO Meditation 10:30
Scalp & hair analysis** 11:00 - 13:00
Hatha yoga 17:30

FRI 21ST Circuit 09:30
Padel games* 17:30

SAT 22ND Hiking* 09:30
Core training 09:30
Stretching 17:30

SUN 23RD Aerial yoga 09:30
TRX 17:30

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MON 24TH	Vinyasa yoga	09:30
	Elastic bands	17:30

TUE 25TH	Dance of life*	10:30
	Wellness talk**	11:30
	Legs training	17:30

WED 26TH	Conscious breathing**	10:30
	Aerial yoga	17:30

THU 27TH	OPO Meditation	10:30
	Scalp & hair analysis**	11:00 - 13:00
	Hatha yoga	17:30

FRI 28TH	TRX	09:30
	Meditation	17:30

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MARBELLA CLUB

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