



Wellness Activities

Wellness Activities

NOVEMBER WEEKLY CALENDAR

SUN 1ST

09:30 – Stretch & Release

17:30 – Strength training with elastic bands

MON 2ND

09:30 – Mobility session

Controlled movement to improve range of motion and joint function

17:30 – Yoga

TUE 3RD

09:00 – HarmoniZen**

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

17:30 – TRX

WED 4TH

10:00 – Bike tour** Guided bike tours

10:30 – Breath awake

Guided breathwork to increase energy, focus and resilience

17:30 – Core Training

THU 5TH

10:00 – Tai Chi & Qi Gong**

17:30 – Lower body strength

FRI 6TH

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

12:00 – Sauna & Ice bath

17:30 – Strength training with kettlebells

SAT 7TH

09:30 – HIIT

17:30 – Aerial yoga

SUN 8TH

09:30 – Yoga

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.



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NOVEMBER WEEKLY CALENDAR

MON 9TH

09:30 – Pilates

17:30 – Strength training with elastic bands

TUE 10TH

09:00 – **HarmoniZen****

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

17:30 – TRX

WED 11TH

10:00 – **Bike tour**** Guided bike tours

10:30 – **Breath awake**

Guided breathwork to increase energy, focus and resilience

17:30 – Lower body strength

THU 12TH

10:00 – **Tai Chi & Qi Gong****

17:30 – Strength training with kettlebells

FRI 13TH

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

12:00 – **Community sauna and ice bath**

17:30 – Yoga

SAT 14TH

09:30 – HIIT

17:30 – Core training

SUN 15TH

09:30 – Strength training with kettlebells

17:30 – Stretch & Release

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NOVEMBER WEEKLY CALENDAR

MON 16TH

09:30 – Pilates

17:30 – Lower body strength

TUE 17TH

09:00 – **HarmoniZen****

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

17:30 – TRX

WED 18TH

10:00 – **Bike tour**** Guided bike tours

10:30 – **Breath awake**

Guided breathwork to increase energy, focus and resilience

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

THU 19TH

10:00 – **Tai Chi & Qi Gong****

17:30 – **Strength training with elastic bands**

FRI 20TH

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

12:00 – **Community sauna and ice bath**

17:30 – **Pilates mat**

SAT 21ST

09:00 – **HIIT**

17:30 – **Aerial yoga**

SUN 22ND

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

17:30 – **Stretch & Release**

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NOVEMBER WEEKLY CALENDAR

MON 23RD

09:30 – Lower body strength

17:30 – Yoga

TUE 24TH

09:00 – **HarmoniZen****

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

17:30 – Pilates mat

WED 25TH

10:00 – **Bike tour**** Guided bike tours

10:30 – **Breath awake**

Guided breathwork to increase energy, focus and resilience

17:30 – **Core training**

THU 26TH

10:00 – **Tai Chi & Qi Gong****

17:30 – **TRX**

FRI 27TH

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

12:00 – **Sauna & Ice bath**

17:30 – **Lower body strength**

SAT 28TH

09:30 – **HIIT**

17:30 – **Strength training with elastic bands**

SUN 29TH

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

17:30 – **Stretch & Release**

MON 30TH

09:30 – **Yoga**

17:30 – **Core training**

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