



Wellness Activities

Wellness Activities

AUGUST WEEKLY CALENDAR

SAT 1ST

09:00 – HIIT

17:30 – Lower body strength

SUN 2ND

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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AUGUST WEEKLY CALENDAR

MON 3RD

09:30 – Circuit

17:30 – Yoga

TUE 4TH

09:00 – **HarmoniZen****

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

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

WED 5TH

10:30 – **Breath awake**

Guided breathwork to increase energy, focus and resilience

17:30 – **Core training**

THU 6TH

10:00 – **Tai Chi & Qi Gong****

17:30 – **Kundalini yoga**

FRI 7TH

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 elastic bands**

SAT 8TH

09:30 – **HIIT**

17:30 – **Lower body strength**

SUN 9TH

09:30 – **TRX**

17:30 – **Stretch & Release**

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AUGUST WEEKLY CALENDAR

MON 10TH

09:30 – Mobility session

Controlled movement to improve range of motion and joint function

17:30 – Yoga

TUE 11TH

09:00 – HarmoniZen**

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

17:30 – TRX

WED 12TH

10:30 – Breath awake

Guided breathwork to increase energy, focus and resilience

17:30 – Core Training

THU 13TH

10:00 – Tai Chi & Qi Gong**

17:30 – Kundalini yoga

FRI 14TH

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*

18:00 – Lower body strength

SAT 15TH

09:30 – HIIT

17:30 – Aerial yoga

SUN 16TH

09:30 – Strength training with kettlebells

17:30 – Stretch & Release

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AUGUST WEEKLY CALENDAR

MON 17TH

09:30 – Strength training with elastic bands

17:30 – Yoga

TUE 18TH

09:00 – **HarmoniZen****

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

17:30 – TRX

WED 19TH

10:30 – **Breath awake**

Guided breathwork to increase energy, focus and resilience

17:30 – Lower body strength

THU 20TH

10:00 – Tai Chi & Qi Gong**

17:30 – Kundalini yoga

FRI 21ST

09:30 – Hiking*

12:00 – Sauna & Ice bath*

17:30 – Aerial yoga

SAT 22ND

09:30 – HIIT

17:30 – Core training

SUN 23RD

09:30 – Strength training with kettlebells

17:30 – Stretch & Release

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AUGUST WEEKLY CALENDAR

MON 24TH

09:30 – Yoga

17:30 – Lower body strength

TUE 25TH

09:00 – **HarmoniZen****

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

17:30 – Pilates mats

WED 26TH

17:30 – TRX

17:30 – Strength training with kettlebells

THU 27TH

10:00 – Tai Chi & Qi Gong**

17:30 – Kundalini yoga

FRI 28TH

09:30 – Hiking*

12:00 – Sauna & Ice bath*

17:30 – Core training

SAT 29TH

09:00 – HIIT

17:30 – Strength training with elastic bands

SUN 30TH

09:30 – Strength training with kettlebells

17:30 – Stretch & Release

MON 31ST

09:30 – Yoga

17:30 – Lower body strength

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