

Wellness Activities



WELLNESS

Wellness Activities

OCTOBER WEEKLY CALENDAR

TUE 1ST	Wellness talk**	11:30
	Legs training	18:00

FRI 4TH	Face yoga**	11:00
	Padel games*	18:00

WED 2ND	Ballet	09:30
	TRX	18:00

SAT 5TH	Hiking*	08:30
	Core training	09:30
	Circuit	18:00

THU 3RD	OPO Meditation	09:30
	Scalp & hair analysis*	10:00 - 13:00
	Core training	18:00

SUN 6TH	Boxing**	09:30
	Stretching	18:00

*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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OCTOBER WEEKLY CALENDAR

MON 7TH Pilates mat 09:30
Introduction of the human design 18:00

TUE 8TH Dance of life* 10:30
Wellness talk** 11:30
Elastic bands 18:00

WED 9TH Conscious breathing** 10:30
TRX 18:00

THU 10TH OPO Meditation 09:30
Scalp & hair analysis* 10:00 - 13:00
Core training 18:00

FRI 11TH Face yoga** 11:00
Padel games* 18:00

SAT 12TH Hiking* 08:30
Circuit 09:30
Hatha yoga 18:00

SUN 13TH Boxing** 09:30
Stretching 18:00

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OCTOBER WEEKLY CALENDAR

MON 14TH	Aerial yoga	09:30
	Tarot	18:00

FRI 18TH	Face yoga**	11:00
	Padel games*	18:00

TUE 15TH	Dance of life*	10:30
	Wellness talk**	11:30
	TRX	18:00

SAT 19TH	Hiking*	08:30
	Core training	09:30
	Hatha yoga	18:00

WED 16TH	Councious breathing**	10:30
	Aerial yoga	18:00

SUN 20TH	Legs training	09:30
	Stretching	18:00

THU 17TH	OPO Meditation	09:30
	Scalp & hair analysis*	10:00 - 13:00
	Circuit	18:00

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OCTOBER WEEKLY CALENDAR

MON 21ST Vinyasa yoga 09:30
Theta healing class 18:00

TUE 22ND Dance of life* 10:30
Wellness talk** 11:30
Stretching 18:00

WED 23RD Councious breathing** 10:30
TRX 18:30

THU 24TH OPO Meditation 09:30
Scalp & hair analysis* 10:00 - 13:00
Legs training 18:00

FRI 25TH Face yoga** 11:00
Padel games* 18:00

SAT 26TH Hiking* 08:30
Stretching 09:30
Core training 18:00

SUN 27TH Boxing** 09:30
Aerial yoga 18:00

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MON 28TH	Vinyasa yoga	09:30
	Iridiology class	18:00
TUE 29TH	Dance of life*	10:30
	Wellness talk**	11:30
	Legs training	18:00
WED 30TH	Councious breathing**	10:30
	Elastic bands	18:00
THU 31ST	OPO Meditation	09:30
	Scalp & hair analysis*	10:00 - 13:00
	Circuit	18:00

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MARBELLA CLUB

Bulevar Príncipe Alfonso von Hohenlohe, s/n, 29602, Marbella, Málaga, Spain
Telephone (+34) 952 822 211 marbellaclubwellness.com

Actividades Wellness



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Actividades Wellness

CALENDARIO SEMANAL DE OCTUBRE

MAR 2	Charla saludable**	11:30
	Entrenamiento de piernas	18:00

MIÉ 2	Ballet	09:30
	TRX	18:00

JUE 3	Meditación OPO	09:30
	Análisis capilar*	10:00 - 13:00
	Entrenamiento de core	18:00

VIE 4	Yoga facial**	11:00
	Partidos de pádel*	18:00

SÁB 5	Senderismo*	08:30
	Entrenamiento de core	09:30
	Circuito	18:00

DOM 6	Boxeo**	09:30
	Estiramientos	18:00

*Cargo adicional **Reserva requerida antes de las 18:00h del día anterior, si no hay reservas se cancelará la actividad

Cortesía para huéspedes del hotel · 60 EUROS por actividad por visitante

Reserva requerida, contacta con nuestro Equipo Wellness: (+34) 952 822 211 | marque 3 | wellness@marbellaclub.com

Se ruega ser puntual. Aquellos clientes que lleguen tarde no podrán acceder.



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Actividades Wellness

CALENDARIO SEMANAL DE OCTUBRE

LUN 7	Pilates	09:30
	Introducción del diseño humano	18:00

MAR 8	Danza de la vida*	10:30
	Charla saludable**	11:30
	Bandas elásticas	18:00

MIÉ 9	Respiración consciente**	10:30
	TRX	18:00

JUE 10	Meditación OPO	09:30
	Análisis capilar*	10:00 - 13:00
	Entrenamiento de core	18:00

VIE 11	Yoga facial**	11:00
	Partidos de pádel*	18:00

SÁB 12	Senderismo*	08:30
	Circuito	09:30
	Hatha yoga	18:00

DOM 13	Boxeo**	09:30
	Estiramientos	18:00

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CALENDARIO SEMANAL DE OCTUBRE

LUN 14	Aeroyoga	09:30
	Tarot	18:00

MAR 15	Danza de la vida*	10:30
	Charla saludable**	11:30
	TRX	18:00

MIÉ 16	Respiración consciente**	10:30
	Aeroyoga	18:00

JUE 17	Meditación OPO	09:30
	Análisis capilar*	10:00 - 13:00
	Circuito	18:00

VIE 18	Yoga facial**	11:00
	Partidos de pádel*	18:00

SÁB 19	Senderismo*	08:30
	Entrenamiento de core	09:30
	Hatha yoga	18:00

DOM 20	Entrenamiento de piernas	09:30
	Estiramientos	18:00

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CALENDARIO SEMANAL DE OCTUBRE

LUN 21	Vinyasa yoga	09:30
	Clase de theta healing	18:00

MAR 22	Danza de la vida*	10:30
	Charla saludable**	11:30
	Estiramientos	18:00

MIÉ 23	Respiración consciente**	10:30
	TRX	18:30

JUE 24	Meditación OPO	09:30
	Análisis capilar*	10:00 - 13:00
	Entrenamiento de piernas	18:00

VIE 25	Yoga facial**	11:00
	Partidos de pádel*	18:00

SÁB 26	Senderismo*	08:30
	Estiramientos	09:30
	Entrenamiento de core	18:00

DOM 27	Boxeo**	09:30
	Aeroyoga	18:00

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Actividades Wellness

CALENDARIO SEMANAL DE OCTUBRE

LUN 28	Vinyasa yoga	09:30
	Clase de iridiología	18:00
MAR 29	Danza de la vida*	10:30
	Charla saludable**	11:30
	Entrenamiento de piernas	18:00
MIÉ 30	Respiración consciente**	10:30
	Bandas elásticas	18:00
JUE 31	Meditación OPO	09:30
	Análisis capilar*	10:00 - 13:00
	Circuito	18:00

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