

# *Wellness Activities*

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WELLNESS



# Wellness Activities

## AUGUST WEEKLY CALENDAR

<b>THU 1<sup>ST</sup></b>	SUP sound healing**	10:00
	Wellness talk**	11:00
	Functional training	18:30
	Dance of life*	20:00

<b>FRI 2<sup>ND</sup></b>	Tai Chi**	09:00
	Face Yoga**	11:00
	Padel for kids	16:00
	Circuit	18:30

<b>SAT 3<sup>RD</sup></b>	Hiking*	08:30
	Ballet fitness	09:00
	Core training	18:30

<b>SUN 4<sup>TH</sup></b>	Boxing**	09:00
	Stretching	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](mailto:wellness@marbellaclub.com)

We ask that you please be on time. Those arriving late will not be permitted to enter.





# Wellness Activities

## AUGUST WEEKLY CALENDAR

<b>MON 5<sup>TH</sup></b>	Vinyasa Yoga	09:00
	Padel for kids	16:00
	Kundalini Yoga with Coco	17:30

<b>TUE 6<sup>TH</sup></b>	GAP	09:00
	Microcamera analysis**	10:00 - 13:00
	Self reiki practice with Coco	17:30

<b>WED 7<sup>TH</sup></b>	Sunrise positive vibes ritual*	07:30
	Councious breathing**	10:30
	TRX	18:30

<b>THU 8<sup>TH</sup></b>	Wellness talk**	11:00
	Kundalini Yoga with Coco	17:30
	Dance of life*	20:00

<b>FRI 9<sup>TH</sup></b>	Tai Chi**	09:00
	SUP Yoga**	10:00
	Face Yoga**	11:00
	Circuit	18:30

<b>SAT 10<sup>TH</sup></b>	Hiking*	08:30
	Aerial Yoga	09:00
	Core training	18:30

<b>SUN 11<sup>TH</sup></b>	Boxing**	09:00
	Stretching	18:30

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## AUGUST WEEKLY CALENDAR

<b>MON 12<sup>TH</sup></b>	Vinyasa Yoga	09:00
	Padel for kids	16:00
	Kundalini Yoga with Coco	17:30

<b>TUE 13<sup>TH</sup></b>	GAP	09:00
	Microcamera analysis**	10:00 - 13:00
	SUP Yoga**	10:00
	Self reiki practice with Coco	17:30

<b>WED 14<sup>TH</sup></b>	Sunrise positive vibes ritual*	07:30
	Councious breathing**	10:30
	TRX	18:30

<b>THU 15<sup>TH</sup></b>	Wellness talk**	11:00
	Kundalini Yoga with Coco	17:30
	Dance of life*	20:00

<b>FRI 16<sup>TH</sup></b>	Tai Chi**	09:00
	Face Yoga**	11:00
	Circuit	18:30

<b>SAT 17<sup>TH</sup></b>	Hiking*	08:30
	Aerial Yoga	09:00
	Core training	
		18:30

<b>SUN 18<sup>TH</sup></b>	Boxing**	09:00
	Stretching	18:30

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# Wellness Activities

## AUGUST WEEKLY CALENDAR

<b>MON 19<sup>TH</sup></b>	Functional training	09:00
	Padel for kids	16:00
	Kundalini Yoga with Coco	17:30

<b>TUE 20<sup>TH</sup></b>	GAP	09:00
	Microcamera analysis**	10:00 - 13:00
	Self reiki practice with Coco	17:30

<b>WED 21<sup>ST</sup></b>	Sunrise positive vibes ritual*	07:30
	Councious breathing**	10:30
	TRX	18:30

<b>THU 22<sup>ND</sup></b>	Aerial Yoga	09:00
	Kundalini Yoga with Coco	17:30
	Dance of life*	20:00

<b>FRI 23<sup>RD</sup></b>	Tai Chi**	09:00
	SUP Pilates**	10:00
	Face Yoga**	11:00
	Padel for kids	16:00
	Circuit	18:30

<b>SAT 24<sup>TH</sup></b>	Hiking*	08:30
	Meditation	09:00
	Core training	18:30

<b>SUN 25<sup>TH</sup></b>	Boxing**	09:00
	Stretching	18:30

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## AUGUST WEEKLY CALENDAR

<b>MON 26<sup>TH</sup></b>	Functional training	09:00
	Padel for kids	16:00
	Kundalini Yoga with Coco	17:30

<b>TUE 27<sup>TH</sup></b>	GAP	09:00
	Microcamera analysis**	10:00 - 13:00
	Self reiki practice with Coco	17:30

<b>WED 28<sup>TH</sup></b>	Sunrise positive vibes ritual*	07:30
	Councious breathing**	10:30
	TRX	18:30

<b>THU 29<sup>TH</sup></b>	Aerial Yoga	09:00
	SUP sound healing**	10:00
	Kundalini Yoga with Coco	17:30
	Dance of life*	20:00

<b>FRI 30<sup>TH</sup></b>	Tai Chi**	09:00
	Face Yoga**	11:00
	Padel for kids	16:00
	Circuit	18:30

<b>SAT 31<sup>ST</sup></b>	Hiking*	08:30
	Vinyasa yoga	09:00
	Core training	18:30

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## MARBELLA CLUB

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