



Wellness Activities

Wellness Activities

OCTOBER WEEKLY CALENDAR

THU 1ST

10:00 – Tai Chi & Qi Gong**

17:30 – TRX

FRI 2ND

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 – Core Training

SAT 3RD

09:30 – HIIT

17:30 – Lower body strength

SUN 4TH

09:30 – Strength training with elastic bands

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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OCTOBER WEEKLY CALENDAR

MON 5TH

09:30 – Mobility session

Controlled movement to improve range of motion and joint function

17:30 – Yoga

TUE 6TH

09:00 – HarmoniZen**

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

17:30 – TRX

WED 7TH

10:00 – Bike tour ** Guided bike tours

10:30 – Breath awake

Guided breathwork to increase energy, focus and resilience

17:30 – Core Training

THU 8TH

10:00 – Tai Chi & Qi Gong**

17:30 – Lower body strength

FRI 9TH

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 10TH

09:30 – HIIT

13:30 – Dance class: ballet and salsa

SUN 11TH

09:30 – Yoga

17:30 – Stretch & Release

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OCTOBER WEEKLY CALENDAR

MON 12TH

09:30 – Pilates

15:00 – Reformer Pilates*

17:30 – Strength training with elastic bands

TUE 13TH

09:00 – **HarmoniZen****

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

17:30 – TRX

WED 14TH

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 15TH

10:00 – Tai Chi & Qi Gong**

13:30 – Dance class: ballet and salsa

FRI 16TH

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 – **Mobility session**

Controlled movement to improve range of motion and joint function

SAT 17TH

09:30 – HIIT

17:30 – Core training

SUN 18TH

09:30 – Strength training with kettlebells

17:30 – Stretch & Release

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OCTOBER WEEKLY CALENDAR

MON 19TH

- 09:30 – Yoga
- 15:00 – Reformer Pilates*
- 17:30 – Lower body strength

TUE 20TH

- 09:00 – **HarmoniZen****
Guided meditation using handheld crystal tools to deepen relaxation and sensory awareness
- 17:30 – TRX

WED 21ST

- 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 22ND

- 10:00 – **Tai Chi & Qi Gong****
- 17:30 – **Aerial yoga**

FRI 23RD

- 09:30 – **Core training**
- 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 – **Pilates mat**

SAT 24TH

- 09:00 – **HIIT**
- 13:30 – **Dance class: ballet and salsa**

SUN 25TH

- 09:30 – **Strength training with kettlebells**
- 17:30 – **Stretch & Release**

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OCTOBER WEEKLY CALENDAR

MON 26TH

- 09:30 – Yoga
- 15:00 – Reformer Pilates*
- 17:30 – Lower body strength

TUE 27TH

- 09:00 – **HarmoniZen****
Guided meditation using handheld crystal tools to deepen relaxation and sensory awareness
- 13:30 – Dance class: ballet and salsa

WED 28TH

- 10:00 – Bike tour ** Guided bike tours
- 10:30 – Breath awake
Guided breathwork to increase energy, focus and resilience
- 17:30 – Core training

THU 29TH

- 10:00 – Tai Chi & Qi Gong**
- 17:30 – TRX

FRI 30TH

- 09:30 – Pilates mat
- 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 – Core training

SAT 31ST

- 09:00 – HIIT
- 17:30 – Strength training with elastic bands

SUN 1ST

- 09:30 – Strength training with kettlebells
- 17:30 – Stretch & Release

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