

Wellness Activities



WELLNESS

Wellness Activities

DECEMBER WEEKLY CALENDAR

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|----------------------------|------------------------------------|----------------|
| MON 28TH | Functional training Aerial yoga | 09:30 17:00 |
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| TUE 29TH | Vinyasa yoga Circuit | 09:30 17:00 |
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| WED 30TH | TRX Yoga | 09:30 17:00 |
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| THU 1ST | Aerial yoga Functional training | 09:30 17:00 |
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| FRI 2ND | Balance Circuit | 09:30 17:00 |
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| SAT 3RD | TRX Yoga stretching | 09:30 17:00 |
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| SUN 4TH | Elastic bands Balance | 09:30 17:00 |
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Complimentary for hotel guests · 40 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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|---------------------------|---------|-------|
| MON 5TH | Abs | 09.30 |
| | Circuit | 17:00 |

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| TUE 6TH | Vinyasa yoga | 09.30 |
| | Drill | 17:00 |

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| WED 7TH | Returning to you · Holistic therapy | 11:00 |
| | Yoga | 17:00 |

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| THU 8TH | Relaxation with crystals & essence | 09:30 |
| | Abs | 17:00 |

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| FRI 9TH | Vinyasa yoga | 09:30 |
| | Circuit | 17:00 |

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| SAT 10TH | Balance | 09:30 |
| | TRX | 17:00 |

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| SUN 11TH | Kettlecore | 09:30 |
| | Aerial yoga | 17:00 |

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|----------------------------|-----------------------------------|----------------|
| MON 12TH | Stretching Functional Training | 09:30 17:00 |
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| TUE 13TH | Elastic bands Circuit | 09:30 17:00 |
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| WED 14TH | Returning to you · Holistic therapy Yoga | 11:00 17:00 |
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| THU 15TH | Yin yoga Drill | 09:30 17:00 |
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| FRI 16TH | Yoga stretching Functional training | 09:30 17:00 |
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| SAT 17TH | Kettlecore Meditation | 09:30 17:00 |
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| SUN 18TH | Vinyasa yoga Circuit | 09:30 17:00 |
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| MON 19TH | Functional training | 09:30 |
| | Therapeutic gymnastics | 17:00 |

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| TUE 20TH | TRX | 09:30 |
| | Balance | 17:00 |

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| WED 21ST | Returning to you · Holistic therapy | 11:00 |
| | Yoga | 17:00 |

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| THU 22ND | Meditation | 09:30 |
| | TRX | 17:00 |

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| FRI 23RD | Yin yoga | 09:30 |
| | Elastic bands | 17:00 |

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| SAT 24TH | Balance | 09:30 |
| | Functional training | 17:00 |

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| SUN 25TH | Aerial yoga | 09:30 |
| | Kettlecore | 17:00 |

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| MON 26TH | Yoga stretching | 09:30 |
| | Circuit | 17:00 |

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| TUE 27TH | Yin yoga | 09:30 |
| | Abs | 17:00 |

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| WED 28TH | Returning to you · Holistic therapy | 11:00 |
| | Yoga | 17:00 |

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| THU 29TH | Yoga | 09:30 |
| | Circuit | 17:00 |

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| FRI 30TH | Pilates | 09:30 |
| | TRX | 17:00 |

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| SAT 31ST | Meditation | 09:30 |
| | Drill | 17:00 |

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MARBELLA CLUB

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