

# *Wellness Activities*

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WELLNESS



# Wellness Activities

## DECEMBER WEEKLY CALENDAR

|                           |              |       |
|---------------------------|--------------|-------|
| <b>MON 1<sup>ST</sup></b> | HarmoniZen** | 08:30 |
|                           | Circuit      | 17:30 |

|                           |                |       |
|---------------------------|----------------|-------|
| <b>TUE 2<sup>ND</sup></b> | Dance of life* | 10:30 |
|                           | Core training  | 17:30 |

|                           |                |       |
|---------------------------|----------------|-------|
| <b>WED 3<sup>RD</sup></b> | Breath awake** | 10:30 |
|                           | Herb incense   | 11:30 |
|                           | Legs training  | 17:30 |

|                           |                         |               |
|---------------------------|-------------------------|---------------|
| <b>THU 4<sup>TH</sup></b> | OPO Meditation          | 09:00         |
|                           | Scalp & hair analysis** | 11:00 - 13:00 |
|                           | Elastic bands           | 17:30         |

|                           |                      |       |
|---------------------------|----------------------|-------|
| <b>FRI 5<sup>TH</sup></b> | Hiking*              | 09:30 |
|                           | Vinyasa yoga         | 09:30 |
|                           | Kettlebells training | 17:30 |

|                           |               |       |
|---------------------------|---------------|-------|
| <b>SAT 6<sup>TH</sup></b> | TRX           | 09:30 |
|                           | Core training | 17:30 |

|                           |            |       |
|---------------------------|------------|-------|
| <b>SUN 7<sup>TH</sup></b> | Circuit    | 09:30 |
|                           | Stretching | 17:30 |

\*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

## DECEMBER WEEKLY CALENDAR

|                           |               |       |
|---------------------------|---------------|-------|
| <b>MON 8<sup>TH</sup></b> | HarmoniZen**  | 08:30 |
|                           | Legs training | 17:30 |

|                           |                |       |
|---------------------------|----------------|-------|
| <b>TUE 9<sup>TH</sup></b> | Dance of life* | 10:30 |
|                           | Elastic bands  | 17:30 |

|                            |                      |       |
|----------------------------|----------------------|-------|
| <b>WED 10<sup>TH</sup></b> | TRX                  | 10:30 |
|                            | Herb incense         | 11:30 |
|                            | Kettlebells training | 17:30 |

|                            |                         |               |
|----------------------------|-------------------------|---------------|
| <b>THU 11<sup>TH</sup></b> | OPO Meditation          | 09:00         |
|                            | Scalp & hair analysis** | 11:00 - 13:00 |
|                            | Cardio box              | 17:30         |

|                            |               |       |
|----------------------------|---------------|-------|
| <b>FRI 12<sup>TH</sup></b> | Hiking*       | 09:30 |
|                            | Core training | 09:30 |
|                            | Vinyasa yoga  | 17:30 |

|                            |                |       |
|----------------------------|----------------|-------|
| <b>SAT 13<sup>TH</sup></b> | Circuit        | 09:30 |
|                            | Aerial pilates | 17:30 |

|                            |               |       |
|----------------------------|---------------|-------|
| <b>SUN 14<sup>TH</sup></b> | Elastic bands | 09:30 |
|                            | Stretching    | 17:30 |

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|----------------------------|---------------|-------|
| <b>MON 15<sup>TH</sup></b> | HarmoniZen**  | 08:30 |
|                            | Legs training | 17:30 |

|                            |                |       |
|----------------------------|----------------|-------|
| <b>TUE 16<sup>TH</sup></b> | Dance of life* | 10:30 |
|                            | Stretching     | 17:30 |

|                            |                |       |
|----------------------------|----------------|-------|
| <b>WED 17<sup>TH</sup></b> | Breath awake** | 10:30 |
|                            | Herb incense   | 11:30 |
|                            | Cardio box     | 17:30 |

|                            |                         |               |
|----------------------------|-------------------------|---------------|
| <b>THU 18<sup>TH</sup></b> | OPO Meditation          | 09:00         |
|                            | Scalp & hair analysis** | 11:00 - 13:00 |
|                            | Vinyasa yoga            | 17:30         |

|                            |              |       |
|----------------------------|--------------|-------|
| <b>FRI 19<sup>TH</sup></b> | Hiking*      | 09:30 |
|                            | Circuit      | 09:30 |
|                            | Padel games* | 17:30 |

|                            |               |       |
|----------------------------|---------------|-------|
| <b>SAT 20<sup>TH</sup></b> | Elastic bands | 09:30 |
|                            | Core training | 17:30 |

|                            |            |       |
|----------------------------|------------|-------|
| <b>SUN 21<sup>ST</sup></b> | Stretching | 09:30 |
|                            | Cardio box | 17:30 |

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# Wellness Activities

## DECEMBER WEEKLY CALENDAR

|                            |                      |       |
|----------------------------|----------------------|-------|
| <b>MON 22<sup>ND</sup></b> | HarmoniZen**         | 08:30 |
|                            | Kettlebells training | 17:30 |

|                            |                |       |
|----------------------------|----------------|-------|
| <b>TUE 23<sup>RD</sup></b> | Dance of life* | 10:30 |
|                            | Aerial yoga    | 17:30 |

|                            |                |       |
|----------------------------|----------------|-------|
| <b>WED 24<sup>TH</sup></b> | Breath awake** | 10:30 |
|                            | Herb incense   | 11:30 |
|                            | Core training  | 17:30 |

|                            |                         |               |
|----------------------------|-------------------------|---------------|
| <b>THU 25<sup>TH</sup></b> | OPO Meditation          | 09:00         |
|                            | Scalp & hair analysis** | 11:00 - 13:00 |
|                            | TRX                     | 17:30         |

|                            |               |       |
|----------------------------|---------------|-------|
| <b>FRI 26<sup>TH</sup></b> | Hiking*       | 09:30 |
|                            | Elastic bands | 09:30 |
|                            | Padel games*  | 17:30 |

|                            |              |       |
|----------------------------|--------------|-------|
| <b>SAT 27<sup>TH</sup></b> | Stretching   | 09:30 |
|                            | Vinyasa yoga | 17:30 |

|                            |               |       |
|----------------------------|---------------|-------|
| <b>SUN 28<sup>TH</sup></b> | Legs training | 09:30 |
|                            | Cardio box    | 17:30 |

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## DECEMBER WEEKLY CALENDAR

|                      |                      |       |
|----------------------|----------------------|-------|
| MON 29 <sup>TH</sup> | HarmoniZen**         | 08:30 |
|                      | Kettlebells training | 17:30 |
| TUE 30 <sup>TH</sup> | Circuit              | 09:30 |
|                      | Core training        | 17:30 |
| WED 31 <sup>ST</sup> | Aerial pilates       | 09:30 |
|                      | Herb incense         | 11:30 |
|                      | Cardio box           | 17:30 |

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## MARBELLA CLUB

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