

Wellness Activities



WELLNESS

Wellness Activities

NOVEMBER WEEKLY CALENDAR

MON 31ST	Yoga Circuit	9:30 18:00
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TUE 1ST	Balance TRX	9.30 17:00
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WED 2ND	Vinyasa yoga Nidra yoga	9.30 17:00
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THU 3RD	Aerial yoga Circuit	9.30 17:00
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FRI 4TH	Elastic bands Relaxation with crystals & essence	9.30 17:00
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SAT 5TH	Functional training Yoga stretching	9.30 17:00
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SUN 6TH	Hatha yoga Drill	9.30 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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NOVEMBER WEEKLY CALENDAR

MON 7TH	Functional training	9:30
	Yin yoga	17:00

TUE 8TH	Relaxation with crystals and essence	9:30
	Circuit	17:00

WED 9TH	Stretching	9:30
	Nidra yoga	17:00

THU 10TH	Elastic bands	9:30
	Drill	17:00

FRI 11TH	Vinyasa yoga	9:30
	Functional training	17:00

SAT 12TH	Yoga stretching	9:30
	Abdominal yoga	17:00

SUN 13TH	Circuit	9:30
	Yin yoga	17:00

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MON 14TH	Elastic bands	9:30
	Abs	17:00

TUE 15TH	Circuit	9:30
	Drill	17:00

WED 16TH	Yoga stretching	9:30
	Nidra yoga	17:00

THU 17TH	Meditation	9:30
	Kettlecore	17:00

FRI 18TH	Relaxation with crystals and essence	9:30
	Therapeutic gymnastics	17:00

SAT 19TH	Vinyasa yoga	9:30
	Functional training	17:00

SUN 20TH	Yin yoga	9:30
	Circuit	17:00

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NOVEMBER WEEKLY CALENDAR

MON 21ST	Functional training	9:30
	Pilates	17:00

TUE 22ND	Meditation	9:30
	TRX	17:00

WED 23RD	Yin yoga	9:30
	Nidra yoga	17:00

THU 24TH	Vinyasa yoga	9:30
	Functional training	17:00

FRI 25TH	Aerial yoga	9:30
	Kettlecore	17:00

SAT 26TH	Drill	9:30
	Yoga stretching	17:00

SUN 27TH	Abs	9:30
	Circuit	17:00

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NOVEMBER WEEKLY CALENDAR

MON 28TH	Functional training	9:30
	Aerial yoga	17:00

TUE 29TH	Vinyasa yoga	9:30
	Circuit	17:00

WED 30TH	TRX	9:30
	Nidra yoga	17:00

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MARBELLA CLUB

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