

Wellness Activities



WELLNESS

Wellness Activities

MARCH WEEKLY CALENDAR

MON 28TH	Vinyasa yoga	10:00
	Circuit	17:00

TUE 1ST	Yoga	10:00
	Circuit	17:00

WED 2ND	Functional training	10:00
	Stretching	17:00

THU 3RD	Relaxation with crystals and essences	10:00
	TRX	17:00

FRI 4TH	Vinyasa yoga	10:00
	Elastic bands	17:00

SAT 5TH	Abs	10:00
	Aerial fitness	17:00

Complimentary for hotel guests · 35 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.



Wellness Activities

MARCH WEEKLY CALENDAR

MON 7TH	Balance	10:00
	Kettlecore	17:00

THU 10TH	Arms balance	10:00
	TRX	17:00

TUE 8TH	Stretching	10:00
	Functional training	17:00

FRI 11TH	Yoga	10:00
	Circuit	17:00

WED 9TH	Elastic bands	10:00
	Therapeutic gymnastics	17:00

SAT 12TH	Functional training	10:00
	Hatha yoga	17:00

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MON 14TH	Elastic bands	10:00
	Stretching	17:00

THU 17TH	Relaxation with crystals and essences	10:00
	TRX	17:00

TUE 15TH	Yoga	10:00
	Circuit	17:00

FRI 18TH	Yin yoga	10:00
	Elastic bands	17:00

WED 16TH	Stretching	10:00
	Functional training	17:00

SAT 19TH	Abs	10:00
	Yoga	17:00

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MON 21ST	Balance	10:00
	Kettlecore	17:00

TUE 22ND	Stretching	10:00
	Functional training	17:00

WED 23RD	Elastic bands	10:00
	Therapeutic gymnastics	17:00

THU 24TH	Vinyasa yoga	10:00
	TRX	17:00

FRI 25TH	Hatha yoga	10:00
	Circuit	17:00

SAT 26TH	Aerial yoga	10:00
	Therapeutic yoga	17:00

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MARCH WEEKLY CALENDAR

MON 28TH	Elastic bands	10:00
	Stretching	17:00

TUE 29TH	Yoga	10:00
	Circuit	17:00

WED 30TH	Abs	10:00
	Functional training	17:00

THU 31ST	Relaxation with crystals and essences	10:00
	TRX	17:00

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MARBELLA CLUB

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