

# *Wellness Activities*

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WELLNESS

# Wellness Activities

MAY WEEKLY CALENDAR

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<b>WED 1<sup>ST</sup></b>	Councious breathing	10:30
	Mobility training	17:00

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<b>THU 2<sup>ND</sup></b>	Wellness talk	11:00
	Kettlecore	17:00

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<b>FRI 3<sup>RD</sup></b>	Face Yoga	11:00
	Padel for teens	16:00
	Elastic bands	17:00

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<b>SAT 4<sup>TH</sup></b>	Circuit	09:30
	Hiking*	10:30
	Aerial Yoga	17:00

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<b>SUN 5<sup>TH</sup></b>	Hatha Yoga	09:30
	Stretching	17:00

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\* Additional charge

Complimentary for hotel guests · 50 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.



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# Wellness Activities

## MAY WEEKLY CALENDAR

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<b>MON 6<sup>TH</sup></b>	Vinyasa Yoga	09:30
	Padel for kids	16:00
	TRX	17:00

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<b>TUE 7<sup>TH</sup></b>	Functional training	09:30
	Core training	17:00

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<b>WED 8<sup>TH</sup></b>	Councious breathing	10:30
	Why cocoa is the ultimate superfood	12:00
	Mobility training	17:00

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<b>THU 9<sup>TH</sup></b>	Wellness talk	11:00
	Kettlecore	17:00

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<b>FRI 10<sup>TH</sup></b>	Face Yoga	11:00
	Padel for teens	16:00
	Elastic bands	17:00

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<b>SAT 11<sup>TH</sup></b>	Circuit	09:30
	Hiking*	10:30
	Aerial Yoga	17:00

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<b>SUN 12<sup>TH</sup></b>	Functional training	09:30
	Stretching	17:00

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<b>MON 13<sup>ST</sup></b>	Vinyasa Yoga	09:30
	Padel for kids	16:00
	TRX	17:00

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<b>TUE 14<sup>TH</sup></b>	Functional training	09:30
	Core training	17:00

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<b>WED 15<sup>TH</sup></b>	Councious breathing	10:30
	Mobility training	17:00

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<b>THU 16<sup>TH</sup></b>	Wellness talk	11:00
	Kettlecore	17:00

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<b>FRI 17<sup>TH</sup></b>	Face Yoga	11:00
	Padel for teens	16:00
	Elastic bands	17:00

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<b>SAT 18<sup>TH</sup></b>	Circuit	09:30
	Hiking*	10:30
	Aerial Yoga	17:00

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<b>SUN 19<sup>TH</sup></b>	Hatha Yoga	09:30
	Stretching	17:00

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<b>MON 20<sup>TH</sup></b>	Vinyasa Yoga	09:30
	Padel for kids	16:00
	TRX	17:00

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<b>TUE 21<sup>ST</sup></b>	Functional training	09:30
	Core training	17:00

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<b>WED 22<sup>ND</sup></b>	Councious breathing	10:30
	Mobility training	17:00

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<b>THU 23<sup>RD</sup></b>	Wellness talk	11:00
	Kettlecore	17:00

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<b>FRI 24<sup>TH</sup></b>	Face Yoga	11:00
	Padel for teens	16:00
	Elastic bands	17:00

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<b>SAT 25<sup>TH</sup></b>	Circuit	09:30
	Hiking*	10:30
	Aerial Yoga	17:00

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<b>SUN 26<sup>TH</sup></b>	Hatha Yoga	09:30
	Stretching	17:00

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<b>MON 27<sup>TH</sup></b>	Vinyasa Yoga	09:30
	Padel for kids	16:00
	TRX	17:00

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<b>TUE 28<sup>TH</sup></b>	Functional training	09:30
	Core training	17:00

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<b>WED 29<sup>TH</sup></b>	Councious breathing	10:30
	Mobility training	17:00

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<b>THU 30<sup>TH</sup></b>	Wellness talk	11:00
	Kettlecore	17:00

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<b>FRI 31<sup>ST</sup></b>	Face Yoga	11:00
	Padel for teens	16:00
	Elastic bands	17:00

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## MARBELLA CLUB

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