

Wellness Activities



WELLNESS

Wellness Activities

APRIL WEEKLY CALENDAR

TUE 1ST	Wellness talk**	11:30
	TRX	17:30

WED 2ND	Conscious breathing**	10:30
	Circuit	17:30

THU 3RD	OPO Meditation	10:30
	Scalp & hair analysis**	11:00 - 13:00
	Hatha yoga	17:30

FRI 4TH	Legs training	09:30
	Vinyasa yoga	17:30

SAT 5TH	Hiking*	09:30
	Core training	09:30
	Aerial yoga	17:30

SUN 6TH	Elastic bands	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

We ask that you please be on time. Those arriving late will not be permitted to enter.



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APRIL WEEKLY CALENDAR

MON 7TH	Vinyasa yoga	09:30
	Legs training	17:30

TUE 8TH	Dance of life*	10:30
	Wellness talk**	11:30
	Hatha yoga	17:30

WED 9TH	Conscious breathing**	10:30
	TRX	17:30

THU 10TH	OPO Meditation	10:30
	Scalp & hair analysis**	11:00 - 13:00
	Aerial yoga	16:30

FRI 11TH	Padel games*	09:30
	Stretching	17:30

SAT 12TH	Core training	09:30
	Boxing**	17:30

SUN 13TH	Legs training	09:30
	Meditation	17:30

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MON 14TH	Vinyasa yoga	09:30
	Circuit	17:30

TUE 15TH	Dance of life*	10:30
	Wellness talk**	11:30
	Core training	17:30

WED 16TH	Conscious breathing**	10:30
	Boxing**	17:30

THU 17TH	OPO Meditation	10:00
	Scalp & hair analysis**	11:00 - 13:00
	Hatha yoga	17:30

FRI 18TH	Circuit	09:30
	Padel games*	18:00

SAT 19TH	Hiking*	09:30
	Core training	09:30
	Legs training	17:30

SUN 20TH	Stretching	09:30
	TRX	17:30

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MON 21ST	Vinyasa yoga	09:30
	Elastic bands	17:30

TUE 22ND	Dance of life*	10:30
	Wellness talk**	11:30
	Legs training	17:30

WED 23RD	Conscious breathing**	10:30
	Boxing**	17:30

THU 24TH	OPO Meditation	10:30
	Scalp & hair analysis**	11:00 - 13:00
	Hatha yoga	17:30

FRI 25TH	TRX	09:30
	Legs training	17:30

SAT 26TH	Hiking*	09:30
	Core training	09:30
	Aerial yoga	17:30

SUN 27TH	Circuit	09:30
	Stretching	17:30

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MON 28TH	Vinyasa yoga	09:30
	Elastic bands	17:30

TUE 29TH	Dance of life*	10:30
	Wellness talk**	11:30
	Core training	17:30

WED 30TH	Hatha yoga	09:30
	Boxing**	17:30

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MARBELLA CLUB

Bulevar Príncipe Alfonso von Hohenlohe, s/n, 29602, Marbella, Málaga, Spain
Telephone (+34) 952 822 211 marbellaclubwellness.com