

Wellness Activities



WELLNESS

Wellness Activities

OCTOBER WEEKLY CALENDAR

SUN 1ST	Functional training	9:30
	Vinyasa yoga	18:00

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

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



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OCTOBER WEEKLY CALENDAR

MON 2ND	TRX	9:30
	Circuit	18:00

TUE 3RD	Circuit	9:30
	Paddle Surf	13:00
	ROM	18:00

WED 4TH	Alive	10:00
	Elastic bands	18:00

THU 5TH	Hatha yoga	9:30
	Paddle Surf	13:00
	What is human Desing?	18:00

FRI 6TH	Face yoga	10:00
	Drills	18:00

SAT 7TH	Ballet floor barre	9:00
	TRX	17:00

SUN 8TH	Functional training	9:00
	ROM	18:00

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MON 9TH Functional training 9:30
Vinyasa yoga 18:00

TUE 10TH Circuit 9:30
Paddel Surf 13:00
Aerial yoga 18:00

WED 11TH Alive 10:00
Functional training 18:00

THU 12TH Drills 9:30
Paddel Surf 13:00
Intro to Tarot 18:00

FRI 13TH Facial yoga 10:00
Circuit 18:00

SAT 14TH Stretching through relaxation 9:30
Abs 18:00

SUN 15TH Aerial yoga 9:30
Elastic bands 18:00

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MON 16TH Circuit 9:30
Aerial yoga 18:00

TUE 17TH Elastic bands 9:30
Paddle Surf 13:00
Vinyasa yoga 18:00

WED 18TH Alive 10:00
Functional training 18:00

THU 19TH Myofascial stretch 9:30
Paddle Surf 13:00
Benefits of holistic medicine 18:00

FRI 20TH Facial yoga 10:00
Circuit 18:00

SAT 21ST Pilates 9:30
Elastic bands 18:00

SUN 22ND ROM 9:30
Functional training 18:00

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MON 23RD	Aerial yoga	9:30
	Circuit	18:00

TUE 24TH	Stretching	9:30
	Paddel Surf	13:00
	Kettlecore	18:00

WED 25TH	Alive	10:00
	Abs	18:00

THU 26TH	Vinyasa yoga	9:30
	Paddel Surf	13:00
	Iridology reading	18:00

FRI 27TH	Face yoga	10:00
	Functional training	18:00

SAT 28TH	Pilates	9:30
	Elastic bands	18:00

SUN 29TH	Kettlecore	9:30
	Aerial yoga	18:00

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MARBELLA CLUB

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