



Wellness Activities



Wellness Activities

JUNE WEEKLY CALENDAR

MON 1ST

09:30 – Strength training with elastic bands

17:30 – Yoga

TUE 2ND

09:30 – Circuit

11:30 – **HarmoniZen****

Guided meditation using handheld crystal tools to deepen relaxation and sensory awareness

WED 3RD

10:30 – **Breath awake**

Guided breathwork to increase energy, focus and resilience

17:30 – **Core training**

THU 4TH

10:00 – **Tai Chi & Qi Gong****

17:30 – **TRX**

FRI 5TH

09:30 – **Hiking***

10:30 – **Dance of life***

An inner journey of movement, conscious breath work and visualisation to energise and bring you into alignment

17:30 – **Mobility session**

Controlled movement to improve range of motion and joint function

SAT 6TH

09:30 – **HIIT**

17:30 – **Cardio Box**

SUN 7TH

09:30 – **Strength training with kettlebells**

17:30 – **Stretch & Release**

*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.



WELLNESS

Wellness Activities

JUNE WEEKLY CALENDAR

MON 8TH

09:00 – Circuit

17:30 – Yoga

TUE 9TH

09:30 – Strength training with elastic bands

11:30 – HarmoniZen**

Guided meditation using handheld crystal tools to deepen relaxation and sensory awareness

WED 10TH

10:30 – Breath awake

Guided breathwork to increase energy, focus and resilience

17:30 – Core training

THU 11TH

10:00 – Tai Chi & Qi Gong**

17:30 – TRX

FRI 12TH

09:30 – Hiking*

10:30 – Dance of life*

An inner journey of movement, conscious breath work and visualisation to energise and bring you into alignment

17:30 – Mobility session

Controlled movement to improve range of motion and joint function

SAT 13TH

09:30 – HIIT

17:30 – Lower body strength

SUN 14TH

09:30 – Aerial yoga

17:30 – Stretch & Release

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JUNE WEEKLY CALENDAR

MON 15TH

09:30 – Strength training with elastic bands

17:30 – Yoga

TUE 16TH

09:30 – Circuit

11:30 – **HarmoniZen****

Guided meditation using handheld crystal tools to deepen relaxation and sensory awareness

WED 17TH

10:30 – **Breath awake**

Guided breathwork to increase energy, focus and resilience

17:30 – **Core Training**

THU 18TH

10:00 – **Tai Chi & Qi Gong****

17:30 – **TRX**

FRI 19TH

09:30 – **Hiking***

10:30 – **Dance of life***

An inner journey of movement, conscious breath work and visualisation to energise and bring you into alignment

17:30 – **Lower body strength**

SAT 20TH

08:00 – **HIIT**

17:30 – **Cardio Box**

SUN 21ST

09:30 – **Strength training with kettlebells**

17:30 – **Stretch & Release**

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Wellness Activities

JUNE WEEKLY CALENDAR

MON 22ND

09:30 – Strength training with elastic bands

11:30 – Talk: Youth Code Talk
The Effects of Nutrition on Skin Health

TUE 23RD

09:30 – Circuit

11:30 – HarmoniZen**
Guided meditation using handheld crystal tools to deepen relaxation and sensory awareness

WED 24TH

10:30 – Breath awake
Guided breathwork to increase energy, focus and resilience

17:30 – Aerial yoga

THU 25TH

10:00 – Tai Chi & Qi Gong**

17:30 – TRX

FRI 26TH

09:30 – Hiking*

10:30 – Dance of life*
An inner journey of movement, conscious breath work and visualisation to energise and bring you into alignment

17:30 – Mobility session
Controlled movement to improve range of motion and joint function

SAT 27TH

09:30 – HIIT

17:30 – Core training

SUN 28TH

09:30 – Strength training with kettlebells

17:30 – Stretch & Release

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WELLNESS

Wellness Activities

JUNE WEEKLY CALENDAR

MON 29TH

09:30 – Yoga

17:30 – Lower body strength

TUE 30TH

09:30 – Circuit

11:30 – **HarmoniZen****

Guided meditation using handheld crystal tools to deepen relaxation and sensory awareness

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