

# *Wellness Activities*

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WELLNESS



# Wellness Activities

## JULY WEEKLY CALENDAR

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<b>MON 1<sup>ST</sup></b>	Functional training	09:00
	Vinyasa Yoga	18:30

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<b>TUE 2<sup>ND</sup></b>	GAP	09:00
	Elastic bands	18:30

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<b>WED 3<sup>RD</sup></b>	Conscious breathing**	10:30
	TRX	18:30

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<b>THU 4<sup>TH</sup></b>	SUP sound healing	10:00
	Wellness talk**	11:00
	Functional training	18:30

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<b>FRI 5<sup>TH</sup></b>	Tai Chi**	09:00
	Face Yoga**	11:00
	Padel for kids	16:00
	Circuit	18:30

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<b>SAT 6<sup>TH</sup></b>	Hiking*	08:30
	Ballet fitness	09:00
	Core training	18:30

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<b>SUN 7<sup>TH</sup></b>	Boxing**	09:00
	Stretching	18:30

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\*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](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

## JULY WEEKLY CALENDAR

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<b>MON 8<sup>TH</sup></b>	Vinyasa Yoga	09:00
	Padel for kids	16:00
	Kundalini Yoga with Coco	17:30

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<b>TUE 9<sup>TH</sup></b>	GAP	09:00
	Self reiki practice with Coco	17:30

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<b>WED 10<sup>TH</sup></b>	Conscious breathing**	10:30
	TRX	18:30

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<b>THU 11<sup>TH</sup></b>	Wellness talk**	11:00
	Kundalini Yoga with Coco	17:30

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<b>FRI 12<sup>TH</sup></b>	Tai Chi**	09:00
	SUP Yoga	10:00
	Face Yoga**	11:00
	Padel for kids	16:00
	Circuit	18:30

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<b>SAT 13<sup>TH</sup></b>	Hiking*	08:30
	Core training	09:00
	Aerial Yoga	18:30

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<b>SUN 14<sup>TH</sup></b>	Boxing**	09:00
	Stretching	18:30

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<b>MON 15<sup>TH</sup></b>	Vinyasa Yoga	09:00
	Padel for kids	16:00
	Kundalini Yoga with Coco	17:30

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<b>TUE 16<sup>TH</sup></b>	GAP	09:00
	SUP Yoga	10:00
	Self reiki practice with Coco	17:30

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<b>WED 17<sup>TH</sup></b>	Ballet fitness	09:00
	TRX	18:30

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<b>THU 18<sup>TH</sup></b>	Wellness talk**	11:00
	Kundalini Yoga with Coco	17:30

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<b>FRI 19<sup>TH</sup></b>	Tai Chi**	09:00
	Face Yoga**	11:00
	Circuit	18:30

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<b>SAT 20<sup>TH</sup></b>	Hiking*	08:30
	Aerial Yoga	09:00
	Core training	18:30

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<b>SUN 21<sup>ST</sup></b>	Boxing**	09:00
	Stretching	18:30

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# Wellness Activities

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<b>MON 22<sup>ND</sup></b>	Functional training	09:00
	Padel for kids	16:00
	Kundalini Yoga with Coco	17:30

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<b>TUE 23<sup>RD</sup></b>	GAP	09:00
	Self reiki practice with Coco	17:30

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<b>WED 24<sup>TH</sup></b>	Conscious breathing**	10:30
	TRX	18:30

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<b>THU 25<sup>TH</sup></b>	Aerial Yoga	09:00
	Kundalini Yoga with Coco	17:30

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<b>FRI 26<sup>TH</sup></b>	Tai Chi**	09:00
	SUP Pilates	10:00
	Face Yoga**	11:00
	Padel for kids	16:00
	Circuit	18:30

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<b>SAT 27<sup>TH</sup></b>	Hiking*	08:30
	Ballet fitness	09:00
	Core training	18:30

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<b>SUN 28<sup>TH</sup></b>	Boxing**	09:00
	Stretching	18:30

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<b>MON 29<sup>TH</sup></b>	Vinyasa Yoga	09:00
	Padel for kids	16:00
	Kundalini Yoga with Coco	17:30

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<b>TUE 30<sup>TH</sup></b>	GAP	09:00
	Self reiki practice with Coco	17:30

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<b>WED 31<sup>ST</sup></b>	Conscious breathing**	10:30
	TRX	18:30

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## MARBELLA CLUB

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