

Wellness Activities



WELLNESS

Wellness Activities

JANUARY WEEKLY CALENDAR

| | | |
|---------------------------|---------------|-------|
| WED 1ST | Stretching | 09:30 |
| | Elastic bands | 17:30 |

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|---------------------------|----------------|-------|
| THU 2ND | OPO Meditation | 09:30 |
| | Hatha yoga | 17:30 |

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|---------------------------|-------------------------|---------------|
| FRI 3RD | Legs training | 09:30 |
| | Scalp & hair analysis** | 10:00 - 13:00 |
| | Padel games* | 17:30 |

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|---------------------------|---------------|-------|
| SAT 4TH | Hiking* | 09:30 |
| | Core training | 09:30 |
| | Meditation | 17:30 |

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|---------------------------|------------|-------|
| SUN 5TH | Stretching | 09:30 |
| | Boxing** | 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.



Wellness Activities

JANUARY WEEKLY CALENDAR

MON 6TH Vinyasa yoga 09:30
TRX 17:30

TUE 7TH Wellness talk** 11:30
Circuit 17:30

WED 8TH Councious breathing** 10:30
Elastic bands 17:30

THU 9TH OPO Meditation 09:30
Scalp & hair analysis** 10:00 - 13:00
Core training 17:30

FRI 10TH Hatha yoga 09:30
Padel games* 17:30

SAT 11TH Hiking* 09:30
Circuit 09:30
Aerial yoga 17:00

SUN 12TH Legs training 09:30
Boxing** 17:30

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MON 13ST Vinyasa yoga 09:30
Elastic bands 17:30

TUE 14TH Dance of life* 10:30
Wellness talk** 11:30
TRX 17:30

WED 15TH Councious breathing** 10:30
Boxing** 17:30

THU 16TH OPO Meditation 09:30
Scalp & hair analysis** 10:00 - 13:00
Circuit 17:30

FRI 17TH Aerial yoga 09:30
Padel games* 17:30

SAT 18TH Hiking* 09:30
Core training 09:30
Elastic bands 17:30

SUN 19TH Legs training 09:30
Stretching 17:30

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MON 20TH Hatha yoga 09:30
Circuit 17:30

TUE 21ST Dance of life* 10:30
Wellness talk** 11:30
Core training 17:30

WED 22ND Councious breathing** 10:30
Boxing** 17:30

THU 23RD OPO Meditation 09:30
Scalp & hair analysis** 10:00 - 13:00
Legs training 17:30

FRI 24TH Vinyasa yoga 09:30
Padel games* 17:30

SAT 25TH Hiking* 09:30
Stretching 09:30
Core training 17:30

SUN 26TH Aerial yoga 09:30
TRX 17:30

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|----------------------------|------------|-------|
| MON 27TH | Hatha yoga | 09:30 |
| | Circuit | 17:30 |

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|----------------------------|-----------------|-------|
| TUE 28TH | Dance of life* | 10:30 |
| | Wellness talk** | 11:30 |
| | Legs training | 17:30 |

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|----------------------------|-----------------------|-------|
| WED 29TH | Councious breathing** | 10:30 |
| | Boxing** | 17:30 |

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| THU 30TH | OPO Meditation | 09:30 |
| | Scalp & hair analysis** | 10:00 - 13:00 |
| | Core training | 17:30 |

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|----------------------------|--------------|-------|
| FRI 31ST | Vinyasa yoga | 09:30 |
| | Padel games* | 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