

Wellness Activities



WELLNESS

Wellness Activities

APRIL WEEKLY CALENDAR

SAT 1ST Stretching 09:30

Functional training 18:00

SUN 2ND Circuit 09:30

Aerial yoga 18:00

MON 3RD Kettlecore 09:30

Vinyasa yoga 18:00

TUE 4TH Louhan Qigong 09:30

Paddle surf 13:00

The power of yoga 18:00

WED 5TH Dance of life with Antonia 11:00

Elastics bands 18:00

THU 6TH TRX 09:30

Paddle surf 13:00

Drills 18:00

FRI 7TH Face yoga 11:00

Yin yoga 18:00

SAT 8TH Breath and sound bath 11:00

Abs 18:00

SUN 9TH Aerial yoga 09:30

Drills 18:00

Complimentary for hotel guests · 40 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 10TH	Circuit	09:30
	Myofascial stretch	18:00

TUE 11TH	Louhan Qigong	09:30
	Paddle surf	13:00
	Elastics bands	18:00

WED 12TH	Dance of life with Antonia	11:00
	Functional training	18:00

THU 13TH	ROM	09:30
	Paddle surf	13:00
	Aerial yoga	18:00

FRI 14TH	Face yoga	11:00
	Relaxation with crystals and essence	18:00

SAT 15TH	Breath and sound bath	11:00
	Elastics bands	18:00

SUN 16TH	Abs	09:30
	ROM	18:00

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MON 17TH	Kettlecore	09:30
	Yin yoga	18:00

TUE 18TH	Louhan Qigong	09:30
	Paddle surf	13:00
	Aerial yoga	18:00

WED 19TH	Dance of life with Antonia	11:00
	Drills	18:00

THU 20TH	Myofascial stretch	09:30
	Paddle surf	13:00
	Functional training	18:00

FRI 21ST	Face yoga	11:00
	The power of yoga	18:00

SAT 22ND	Stretching	09:30
	TRX	18:00

SUN 23RD	Abs	09:30
	Relaxation with crystals and essence	18:00

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APRIL WEEKLY CALENDAR

MON 24TH	Circuit	09:30
	Elastics bands	18:00

TUE 25TH	Louhan Qigong	09:30
	Paddle surf	13:00
	Aerial yoga	18:00

WED 26TH	Dance of life with Antonia	11:00
	Stretching	18:00

THU 27TH	Yin yoga	09:30
	Paddle surf	13:00
	TRX	18:00

FRI 28TH	Face yoga	11:00
	The power of yoga	18:00

SAT 29TH	Breath and sound bath	11:00
	Aerial yoga	18:00

SUN 30TH	Drills	09:30
	Circuit	18:00

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MARBELLA CLUB

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