

# *Wellness Activities*

---



WELLNESS



# Wellness Activities

## OCTOBER WEEKLY CALENDAR

---

|                           |                       |       |
|---------------------------|-----------------------|-------|
| <b>WED 1<sup>ST</sup></b> | Conscious breathing** | 10:30 |
|                           | Core training         | 17:30 |

---

|                           |                         |               |
|---------------------------|-------------------------|---------------|
| <b>THU 2<sup>ND</sup></b> | OPO Meditation          | 09:00         |
|                           | Scalp & hair analysis** | 11:00 - 13:00 |
|                           | TRX                     | 17:30         |

---

|                           |              |       |
|---------------------------|--------------|-------|
| <b>FRI 3<sup>RD</sup></b> | Circuit      | 09:30 |
|                           | Hiking*      | 09:30 |
|                           | Padel games* | 17:30 |

---

---

|                           |               |       |
|---------------------------|---------------|-------|
| <b>SAT 4<sup>TH</sup></b> | Legs training | 09:30 |
|                           | Elastic bands | 17:30 |

---

|                           |            |       |
|---------------------------|------------|-------|
| <b>SUN 5<sup>TH</sup></b> | Stretching | 09:30 |
|                           | Yoga       | 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](mailto:wellness@marbellaclub.com)

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



# Wellness Activities

## OCTOBER WEEKLY CALENDAR

|                           |              |       |
|---------------------------|--------------|-------|
| <b>MON 6<sup>TH</sup></b> | HarmoniZen** | 08:30 |
|                           | Circuit      | 17:30 |

|                           |                 |       |
|---------------------------|-----------------|-------|
| <b>TUE 7<sup>TH</sup></b> | Dance of life*  | 10:30 |
|                           | Wellness talk** | 15:00 |
|                           | Stretching      | 17:30 |

|                           |                       |       |
|---------------------------|-----------------------|-------|
| <b>WED 8<sup>TH</sup></b> | Conscious breathing** | 10:30 |
|                           | Core training         | 17:30 |

|                           |                         |               |
|---------------------------|-------------------------|---------------|
| <b>THU 9<sup>TH</sup></b> | OPO Meditation          | 09:00         |
|                           | Scalp & hair analysis** | 11:00 - 13:00 |
|                           | Elastic bands           | 17:30         |

|                            |              |       |
|----------------------------|--------------|-------|
| <b>FRI 10<sup>TH</sup></b> | Hiking*      | 09:30 |
|                            | Circuit      | 09:30 |
|                            | Padel games* | 17:30 |

|                            |               |       |
|----------------------------|---------------|-------|
| <b>SAT 11<sup>TH</sup></b> | Yoga          | 09:30 |
|                            | Legs training | 17:30 |

|                            |            |       |
|----------------------------|------------|-------|
| <b>SUN 12<sup>TH</sup></b> | TRX        | 09:30 |
|                            | Stretching | 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](mailto:wellness@marbellaclub.com)

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





# Wellness Activities

## OCTOBER WEEKLY CALENDAR

|                            |               |       |
|----------------------------|---------------|-------|
| <b>MON 13<sup>TH</sup></b> | HarmoniZen**  | 08:30 |
|                            | Legs training | 17:30 |

|                            |                 |       |
|----------------------------|-----------------|-------|
| <b>TUE 14<sup>TH</sup></b> | Dance of life*  | 10:30 |
|                            | Wellness talk** | 15:00 |
|                            | Yoga            | 17:30 |

|                            |                       |       |
|----------------------------|-----------------------|-------|
| <b>WED 15<sup>TH</sup></b> | Conscious breathing** | 10:30 |
|                            | Elastic bands         | 17:30 |

|                            |                         |               |
|----------------------------|-------------------------|---------------|
| <b>THU 16<sup>TH</sup></b> | OPO Meditation          | 09:00         |
|                            | Scalp & hair analysis** | 11:00 - 13:00 |
|                            | Core training           | 17:30         |

|                            |              |       |
|----------------------------|--------------|-------|
| <b>FRI 17<sup>TH</sup></b> | Hiking*      | 09:30 |
|                            | Circuit      | 09:30 |
|                            | Vinyasa yoga | 17:30 |

|                            |             |       |
|----------------------------|-------------|-------|
| <b>SAT 18<sup>TH</sup></b> | Aerial yoga | 09:30 |
|                            | TRX         | 17:30 |

|                            |               |       |
|----------------------------|---------------|-------|
| <b>SUN 19<sup>TH</sup></b> | Elastic bands | 09:30 |
|                            | Stretching    | 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](mailto:wellness@marbellaclub.com)

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



# Wellness Activities

## OCTOBER WEEKLY CALENDAR

|                            |               |       |
|----------------------------|---------------|-------|
| <b>MON 20<sup>TH</sup></b> | HarmoniZen**  | 08:30 |
|                            | Legs training | 17:30 |

|                            |                 |       |
|----------------------------|-----------------|-------|
| <b>TUE 21<sup>ST</sup></b> | Dance of life*  | 10:30 |
|                            | Wellness talk** | 15:00 |
|                            | TRX             | 17:30 |

|                            |                       |       |
|----------------------------|-----------------------|-------|
| <b>WED 22<sup>ND</sup></b> | Conscious breathing** | 10:30 |
|                            | Vinyasa yoga          | 17:30 |

|                            |                         |               |
|----------------------------|-------------------------|---------------|
| <b>THU 23<sup>RD</sup></b> | OPO Meditation          | 09:00         |
|                            | Scalp & hair analysis** | 11:00 - 13:00 |
|                            | Core training           | 17:30         |

|                            |              |       |
|----------------------------|--------------|-------|
| <b>FRI 24<sup>TH</sup></b> | Hiking*      | 09:30 |
|                            | Circuit      | 09:30 |
|                            | Padel games* | 17:30 |

|                            |               |       |
|----------------------------|---------------|-------|
| <b>SAT 25<sup>TH</sup></b> | Legs training | 09:30 |
|                            | Aerial yoga   | 17:30 |

|                            |               |       |
|----------------------------|---------------|-------|
| <b>SUN 26<sup>TH</sup></b> | Elastic bands | 09:30 |
|                            | Stretching    | 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](mailto:wellness@marbellaclub.com)

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





# Wellness Activities

## OCTOBER WEEKLY CALENDAR

|                            |              |       |
|----------------------------|--------------|-------|
| <b>MON 27<sup>TH</sup></b> | HarmoniZen** | 08:30 |
|                            | TRX          | 17:30 |

|                            |                 |       |
|----------------------------|-----------------|-------|
| <b>TUE 28<sup>TH</sup></b> | Dance of life*  | 10:30 |
|                            | Wellness talk** | 15:00 |
|                            | Core training   | 17:30 |

|                            |                       |       |
|----------------------------|-----------------------|-------|
| <b>WED 29<sup>TH</sup></b> | Conscious breathing** | 10:30 |
|                            | Vinyasa yoga          | 17:30 |

|                            |                         |               |
|----------------------------|-------------------------|---------------|
| <b>THU 30<sup>TH</sup></b> | OPO Meditation          | 09:00         |
|                            | Scalp & hair analysis** | 11:00 - 13:00 |
|                            | Elastic bands           | 17:30         |

|                            |              |       |
|----------------------------|--------------|-------|
| <b>FRI 31<sup>ST</sup></b> | Hiking*      | 09:30 |
|                            | Circuit      | 09:30 |
|                            | Padel games* | 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](mailto:wellness@marbellaclub.com)

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



## MARBELLA CLUB

Bulevar Príncipe Alfonso von Hohenlohe, s/n, 29602, Marbella, Málaga, Spain  
Telephone (+34) 952 822 211 [marbellaclubwellness.com](http://marbellaclubwellness.com)