



Wellness Activities



WELLNESS

Wellness Activities

FEBRUARY WEEKLY CALENDAR

SUN 1 ST	Core training Stretching	09:30 17:30
MON 2 ND	Body healing Legs training	09:30 17:30
TUE 3 RD	HarmoniZen** Elastic bands	09:00 17:30
WED 4 TH	TRX Herb incense** Yoga	09:30 11:30 18:00

THU 5 TH	OPO Meditation Scalp & hair analysis** Cardio box	09:00 11:00 - 13:00 17:30
FRI 6 TH	Hiking* Dance of life* Kettlebells training	09:30 10:30 17:30
SAT 7 TH	Core training Circuit	09:30 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.



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FEBRUARY WEEKLY CALENDAR

MON 9 TH	Yoga	09:30
	TRX	17:30
TUE 10 TH	HarmoniZen**	09:00
	Legs training	17:30
WED 11 TH	Breath awake**	10:30
	Herb incense**	11:30
	Circuit	17:30
THU 12 TH	OPO Meditation	09:00
	Scalp & hair analysis**	11:00 - 13:00
	Padel games*	17:30

FRI 13 TH	Hiking*	09:30
	Dance of life*	10:30
	Cardio box	17:30
SAT 14 TH	Body healing	09:30
	Core training	17:30
SUN 15 TH	Stretching	09:30
	Elastic bands	17:30

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MON 16 TH	Yoga Circuit	09:30 17:30
TUE 17 TH	HarmoniZen** TRX	09:00 17:30
WED 18 TH	Breath awake** Herb incense** Legs training	10:30 11:30 17:30
THU 19 TH	OPO Meditation Scalp & hair analysis** Hypopressive exercises	09:00 11:00 - 13:00 16:30

FRI 20 TH	Hiking* Dance of life* Kettlebells training	09:30 10:30 17:30
SAT 21 ST	Core training Aerial yoga	09:30 17:30
SUN 22 ND	Cardio box Stretching	09:30 17:30

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MON 23RD	Vinyasa yoga TRX	09:30 17:30
TUE 24TH	HarmoniZen** Core training	09:00 17:30
WED 25TH	Breath awake** Herb incense** Elastic bands	10:30 11:30 17:30

THU 26TH	OPO Meditation Circuit	09:00 17:30
FRI 27TH	Hiking* Dance of life* Legs training	09:30 10:30 17:30
SAT 28TH	Aerial yoga Hypopressive exercises	09:30 17:30

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MARBELLA CLUB

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