

# *Wellness Activities*

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WELLNESS



# Wellness Activities

## FEBRUARY WEEKLY CALENDAR

<b>SUN 1<sup>ST</sup></b>	Core training Stretching	09:30 17:30	<b>THU 5<sup>TH</sup></b>	OPO Meditation Scalp & hair analysis** Cardio box	09:00 11:00 - 13:00 17:30
<b>MON 2<sup>ND</sup></b>	Body healing Legs training	09:30 17:30	<b>FRI 6<sup>TH</sup></b>	Hiking* Dance of life* Kettlebells training	09:30 10:30 17:30
<b>TUE 3<sup>RD</sup></b>	HarmoniZen** Elastic bands	09:00 17:30	<b>SAT 7<sup>TH</sup></b>	Core training Circuit	09:30 17:30
<b>WED 4<sup>TH</sup></b>	TRX Herb incense** Yoga	09:30 11:30 18:00	<b>SUN 8<sup>TH</sup></b>	Hypopressive exercises Stretching	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](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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## FEBRUARY WEEKLY CALENDAR

<b>MON 9<sup>TH</sup></b>	Yoga	09:30
	TRX	17:30

<b>TUE 10<sup>TH</sup></b>	HarmoniZen**	09:00
	Legs training	17:30

<b>WED 11<sup>TH</sup></b>	Breath awake**	10:30
	Herb incense**	11:30
	Circuit	17:30

<b>THU 12<sup>TH</sup></b>	OPO Meditation	09:00
	Scalp & hair analysis**	11:00 - 13:00
	Padel games*	17:30

<b>FRI 13<sup>TH</sup></b>	Hiking*	09:30
	Dance of life*	10:30
	Cardio box	17:30

<b>SAT 14<sup>TH</sup></b>	Body healing	09:30
	Core training	17:30

<b>SUN 15<sup>TH</sup></b>	Stretching	09:30
	Elastic bands	17:30

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<b>MON 16<sup>TH</sup></b>	Yoga	09:30	<b>FRI 20<sup>TH</sup></b>	Hiking*	09:30
	Circuit	17:30		Dance of life*	10:30
				Kettlebells training	17:30
<b>TUE 17<sup>TH</sup></b>	HarmoniZen**	09:00	<b>SAT 21<sup>ST</sup></b>	Core training	09:30
	TRX	17:30		Aerial yoga	17:30
<b>WED 18<sup>TH</sup></b>	Breath awake**	10:30	<b>SUN 22<sup>ND</sup></b>	Cardio box	09:30
	Herb incense**	11:30		Stretching	17:30
	Legs training	17:30			
<b>THU 19<sup>TH</sup></b>	OPO Meditation	09:00			
	Scalp & hair analysis**	11:00 - 13:00			
	Hypopressive exercises	16:30			

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<b>MON 23<sup>RD</sup></b>	Vinyasa yoga	09:30
	TRX	17:30

<b>TUE 24<sup>TH</sup></b>	HarmoniZen**	09:00
	Core training	17:30

<b>WED 25<sup>TH</sup></b>	Breath awake**	10:30
	Herb incense**	11:30
	Elastic bands	17:30

<b>THU 26<sup>TH</sup></b>	OPO Meditation	09:00
	Circuit	17:30

<b>FRI 27<sup>TH</sup></b>	Hiking*	09:30
	Dance of life*	10:30
	Legs training	17:30

<b>SAT 28<sup>TH</sup></b>	Aerial yoga	09:30
	Hypopressive exercises	17:30

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## MARBELLA CLUB

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