

Wellness Activities

*"Health is a state of body
Wellness is a state of being."* I. Stone

*"La salud es un estado físico
Wellness es la conexión del bienestar."*

FITNESS
MONDAY 06.05.2013

Daily activities:
8:30 Walk
11:15 Stretch
5PM Walk

SPA
HIMALAYAN SALT RITUAL

A truly holistic experience
detoxifying and revitalizing
for body and mind!

90 min / 215€

To Book: 013



WELLNESS

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JANUARY WEEKLY CALENDAR

FRI 1ST Yoga on New Year's Day 12:00
Pilates on New Year's Day 17:00

MON 4TH Aerial Yoga 12:00
Foam Roller 17:00

TUE 5TH Abs 12:00
Power Circles 17:00

WED 6TH Yoga - Thai Chi - Pilates 12:00
Stretching 17:00

THU 7TH Introducing plant-based eating into the diet * NWA 11:00
Abs 12:00
Plate Workout 17:00

FRI 8TH Fitball 12:00
Elastic Bands 17:00

Complimentary for hotel guests · 40 EUROS per activity per visitor

Meeting point: * El Olivar | [NWA](#) Nutritional Wellness Activity

Booking required, please call our Wellness Team (+34) 952 822 211, dial 3 from your room or email wellness@marbellaclub.com



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JANUARY WEEKLY CALENDAR

MON 11TH Yoga -Tai Chi -Pilates 12:00
Pilates 17:00

TUE 12TH Arms Balance 12:00
Stretching 17:00

WED 13TH Aerial Yoga 12:00
Functional Training 17:00

THU 14TH Learn how to balance blood
sugar levels for optimum energy * NWA 11:00
Pilates 12:00
Circuit 17:00

FRI 15TH Stretching 12:00
Circuit 17:00

Complimentary for hotel guests · 40 EUROS per activity per visitor

Meeting point: * El Olivar | [NWA Nutritional Wellness Activity](#)

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JANUARY WEEKLY CALENDAR

MON 18TH Aerial Yoga 12:00
Abs 17:00

TUE 19TH Yoga 12:00
Functional Training 17:00

WED 20TH Yoga - Tai Chi - Pilates 12:00
Circuit 17:00

THU 21ST Discover the benefits of herbal blends to create your own
teas and balance their therapeutic effects ^{NWA} 11:00
Functional Training 12:00
Pilates 17:00

FRI 22ND Kettlecore 12:00
Stretching 17:00

Complimentary for hotel guests · 40 EUROS per activity per visitor

Meeting point: Gym entrance, * Thalasso Spa | [NWA](#) Nutritional Wellness Activity

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JANUARY WEEKLY CALENDAR

MON 25TH Yoga - Tai Chí -Pilates 12:00
Abs 17:00

TUE 26TH Aerial Yoga 12:00
Plate Workout 17:00

WED 27TH Yoga 12:00
Functional Training 17:00

THU 28TH Naturally bring your hormones back
into balance with nutritious and healthy tips * NWA 11:00
Pilates 12:00
Kettlecore 17:00

FRI 29TH Stretching 12:00
Plate Workout 17:00

Complimentary for hotel guests · 40 EUROS per activity per visitor

Meeting point: * El Olivar | [NWA Nutritional Wellness Activity](#)

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MARBELLA CLUB

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