

# Wellness Activities

JULY WEEKLY CALENDAR

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<b>MON 22<sup>ND</sup></b> Walk	08:30
Kundalini Yoga with Coco ▲	10:30
Circuit	11:15
Balance - Pilates, Yoga, Tai-Chi	19:00
Beach Stretching	19:45

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<b>TUE 23<sup>RD</sup></b> Aquafitness * ▲	08:30
Kundalini Yoga with Coco ▲	10:30
Tibetan Singing Bowls ▲	12:00
Functional Training	12:30
Wellness Talk: How to create healthy snacks **	13:00
Circuit	19:00
Beach Training	19:45

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<b>WED 24<sup>TH</sup></b> Yoga	08:30
Abs	10:30
Beauty Advice	11:00
Foam Roller	18:00

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<b>THU 25<sup>TH</sup></b> Beach Stretching	08:30
Tibetan Singing Bowls ▲	12:00
Kombucha Tasting ** ▲	12:30
Crossfit	18:00
Aerial Yoga ▲	19:00

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<b>FRI 26<sup>TH</sup></b> Balance - Pilates, Yoga, Tai-Chi	08:30
Abs	12:30
Massage-Me ▲	16:00
Chakra Clearing with Coco ▲	18:00
Circuit	19:45

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<b>SAT 27<sup>TH</sup></b> Beach Stretching	08:30
Kundalini Yoga with Coco ▲	10:30
Abs	18:00
Aerial Yoga ▲	19:00

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<b>SUN 28<sup>TH</sup></b> Fitball	10:30
Chakra Clearing with Coco ▲	11:15
Crossfit	18:00

**Complimentary for hotel guests · 40 EUROS per activity per visitor**

Meeting point: Gym entrance, \* Thalasso Spa, \*\* Herbal Garden | ▲ Booking Dial 3

For bookings please call our Wellness Team (+34) 952 822 211 or email [wellness@marbellaclub.com](mailto:wellness@marbellaclub.com)



WELLNESS