



**De Lunes a Viernes.  
From Monday to Friday.  
Montag bis Freitag.**

Spa Reception 09:00 – 17:00 h  
Massages 09:15 – 16:00 h

**SPA RECEPTION AND MASSAGES INFO:**

Please find the opening times at the Spa reception or call AYS.

[Mallorca.spa@vacationclub.com](mailto:Mallorca.spa@vacationclub.com) Telf: 971129210 Ext. 4019



**MARKETPLACE**

For a good coffee, a quick bite and all you need for your stay, please find our marketplace open 24h/7 days. Ext 4030



**PHOTO COMPETITION**

Send your best Son Antem picture, before Wednesday with your villa number, to the email:

[activitiessonantem@vacationclub.com](mailto:activitiessonantem@vacationclub.com)

Our team will personally contact the winner who can receive a prize!



**SPA POOL**

The indoor and outdoor spa pool open daily from 08:00 – 21:00.

From 8:00 – 11:00 our Indoor pool is reserved only for adults. Kids under 12 years old can enjoy the outdoor pool.

**The holistic area open every day from 10:00- 20:00.**

**Please be aware to bring your pool towel from your villa.**

# Resort Activities

ENHANCE YOUR VACATION EXPERIENCE WITH OUR RESORT ACTIVITIES



11<sup>th</sup>–17<sup>th</sup> May 2024

On your own or in a group, we are happy to offer you the best activities during your stay. Do not hesitate to ask our Activities team for more information by dialling EXT Fitness 9700 or EXT Activities 9703.



**ACTIVITIES CENTER**

visit our Activities Centre for all kids between for 4 to 12 years. Kids can join some activities supervised by our activity team. Your reservation can be done at Front Desk.



**GOLF**

36 holes to inspire your Golf experience. Further information available in the Golf Pro Shop, open daily from 7:30 to 19:00.

**Junior Golf Camp, Golf lessons, Golf Intro or Range Experience.**

+ Info at the pro shop.

Reserve Telf: 971 129200 or Ext Pro Shop 4017/ 4018.

[Mallorca.golfclub@vacationclub.com](mailto:Mallorca.golfclub@vacationclub.com)



**SANDCASTLE PRIZE**

Family & kids, send your amazing creative sandcastle photograph, before Friday with your villa number to the email:

[activitiessonantem@vacationclub.com](mailto:activitiessonantem@vacationclub.com)

Our team will personally contact you for a cool prize.



**FAMILY & KIDS**

This week our Birds of Prey show.

Unique entertain experience.



**SOCIAL EVENT**

Enjoy making your own Soap. A great opportunity to create a gift for a special occasion. Make your reservation in FO.



**Point your smartphone camera at the QR code to view the fitness social week schedules.**

*Participation in resort activities is voluntary, and participants assume all risk of injury or illness in connection with participation. Execution of a release may be required as a condition of participation in some activities. Activities are subject to change without prior notice.*

# Daily Activity Schedule

TIME	SATURDAY 11th	SUNDAY 12th	MONDAY 13th	TUESDAY 14th	WEDNESDAY 15th	THURSDAY 16th	FRIDAY 17th
9:50		INFATABLES	IN	OUR Tennis Social Club Tennis Court 2 <b>Find your gaming team and friends &amp; enjoy together.</b>	SPA Tennis Social Club Tennis Court 2 <b>Find your gaming team and friends &amp; enjoy together.</b>	GARDEN Tennis Social Club Tennis Court 2 <b>Find your gaming team and friends &amp; enjoy together.</b>	Tennis Social Club Tennis Court 2 <b>Find your gaming team and friends &amp; enjoy together.</b>
10:00					Family Treasure Hunt Lobby		Hotel Rally Lobby
11:00				Football Match Spa garden		Family & kids Yoga The Well behind 748	
12:15	Family Mask Making Spa Garden		Smoothie Time Spa garden	Table tennis Spa garden	Smoothie Time Spa garden	Skewers Making Spa Garden	Quiz Bingo Spa Garden
14:00	Lego Construction Spa Garden	Mallorca Info Lobby	Face Painting Lobby		Soap Making 5€/Activity Center	Lego Construction Spa Garden	Waffles Making 5€/Spa Garden
15:15			Mandala's drawing Lobby	T-shirt Painting 7€/Spa Garden	Jewelry Creation Spa Garden		
16:00	Ice Cream Making 5€/Spa Garden	Bingo Time Spa Garden			Football Match Football Court	Salt Bottle Making Spa Garden	Spanish Class Lobby

All activities are for kids ages 4+, are held in the location specified under the activity name. All activities require parent supervision, except those of the **Activity Centre**. For questions call extension 9703.  
Activity Supervisor: [Cristina.mirferrer@vacationclub.com](mailto:Cristina.mirferrer@vacationclub.com)

All activities highlighted in sky-blue color require booking. Fee-based classes are payable at time of booking. Bookings can be done at Front Desk. Our classes are subject to modification or cancellation due to adverse weather. Tennis Social Club: In case you need a Tennis Pro ask at the reception to book a day in advance.

# Featured Events & Social Experiences

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19:30 Live Show. <a href="#">La Terrassa</a>			16:30 Owners Cocktail event (only for Son Antem owners) DJ performance. <a href="#">La Terrassa</a>	19:30 Live Show. <a href="#">La Terrassa</a>	17:00 Birds Of Prey show <a href="#">Amphitheatro.</a>	

Participation in resort activities is voluntary, and participants assume all risk of injury or illness in connection with participation. Execution of a release may be required as a condition of participation in some activities. Activities are subject to change without prior notice. Our gym and workout classes are for MVC villa guests/owners only

# Fitness & Sport Schedule



TIME	SATURDAY 11th	SUNDAY 12th	MONDAY 13th	TUESDAY 14th	WEDNESDAY 15th	THURSDAY 16th	FRIDAY 17th
9:00	Pilates Group Fitness	Stretch & Relax Group Fitness	Yoga Group Fitness	Back & Posture Group Fitness	Yoga Group Fitness	Pilates Group Fitness	Stretch&Relax Group Fitness
10:15		Circuit Training Group Fitness	Gym Intro Group Fitness	30 min ABS express Group Fitness	Power Walking Group Fitness	TRX Group Fitness	Body Toning Group Fitness
11:30	AquaFit Spa Pool	AquaFIT Spa Pool	AquaFIT Spa Pool	AquaFit surprise Spa Pool	AquaFIT Spa Pool	AquaFit Spa Pool	Aqua Martial Arts Spa Pool
12:15			Smoothie Time Spa garden	Table tennis Spa garden	Smoothie Time Spa garden		
14:00		Thai Chi Gym		Meditation Walk Gym		Meditation Gym	Gym Circuit Gym
15:15							Back Strenctening Group Fitness

All fitness/sport programs are for ages 14+, they are complimentary and held in the location specified under the activity name. For questions, please call extension 9700.  
Gym Open 24h /7 days.

ASK OUR FRONT DESK TEAM IF YOU WOULD LIKE TO BORROW YOUR INDIVIDUAL TRAININGS EQUIPMENT  
Fitness supervisor: [Ulrike.Stuemke@vacationclub.com](mailto:Ulrike.Stuemke@vacationclub.com)

All activities marked in sky-blue color require reservation. Reservations can be done at Front Desk.



## FUEL

With healthy food and beverage options and informative nutritional details, Owners and guests can choose the way they fuel up for their active lifestyles- even while on vacation.

## FOCUS

Offerings of physical and sensory experiences help Owners and guests find mental clarity and shift their thoughts to a relaxed state of mind.

## FITNESS

Fun cardio, strength and toning classes offer alternatives to standard gym workouts. Owners and guests also can take advantage of suggestions for challenging and invigorating recreational activities at the resort and in the surrounding area.

## SPORT EQUIPMENT

Ask our front office team if you would like to borrow your individual training equipment.

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