



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

Spa Reception 09:00 – 15:30 h  
Massages 09:15 – 16:30 h

### SPA RECEPTION AND MESSAGES 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 & LA TERRASSA

For a good coffee, a quick bite and all you need for your stay, please find our marketplace open 24h/7 days. Ext 4030  
Our Owners cocktail every Tuesday at la Terrassa.



### ACTIVITIES CENTER

All children between 4 and 12 years old are welcome at our Activity Centre supervised by our team.  
Make your reservations at the Front Desk.



### 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 will receive a prize!



### SPA POOL

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

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 10:30- 20:00.**

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



### SON ANTEM ACTIVITIES & FITNESS TEAM

Manager :Jeffrey Woudenber.

Activities Supervisor: Cristina Mir.

Activities Coordinators:

Marina Flores.

Fitness Supervisor: Ulrike Stuemke.

Fitness Trainers:

Natalia Pancot & Freddy Castro.

*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.*

# Resort Activities

ENHANCE YOUR VACATION EXPERIENCE WITH OUR  
RESORT ACTIVITIES



22<sup>nd</sup>- 28<sup>th</sup> March 2025

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.



### SANDCASTLE

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

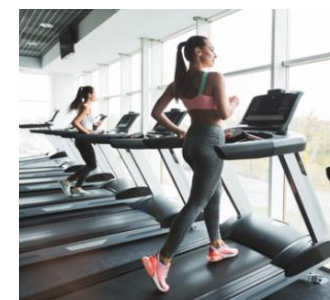
[activitiessonantem@vacationclub.com](mailto:activitiessonantem@vacationclub.com)

Our team will personally contact you for a cool prize.



### SOCIAL EVENT

This week our Birds Watching Tour will take place on Tuesday and Thursday at 12 am.  
It's a unique educational experience.



### THRIVE

Gym

Open 24 h/7 days.

For further information contact your Fitness team dialling Ext. 9700.



Point your smartphone camera at the QR code to view to view the week's fitness and social schedules.



Daily Activity Schedule

TIME	SATURDAY 22nd	SUNDAY 23rd	MONDAY 24th	TUESDAY 25th	WEDNESDAY 26th	THURSDAY 27th	FRIDAY 28th
9:15						Adult Tennis Tennis Court 2 Min 2 pax Less ask for Info	
10:00				Family Treasure Hunt Lobby			
11:00		Football Match Spa Garden	Watercolors Painting Spa Garden		Skincare Wellness Lobby		Football Match Spa Garden
12:00				Birds Watching Tour Lobby		Birds Watching Tour Lobby	
12:15	12:15 Jewelry Creation Spa Garden	Surprise Delight Spa Garden	Smoothie Time Spa Garden		Smoothie Time Spa Garden		Fruit Skewers Spa Garden
14:00			Golf Intro Min 4 pax Booking Golf shop Meeting Point Driving Range	Intro Pickle Ball Basketball Court		Intro Pickle Ball Basketball Court	
15:15	Intro Pickle Ball Basketball Court	Bingo Spa Garden			T-shirt Painting 10€/Activity Center	Soap Making 7€/Activity Center	Spanish Class Lobby
16:30		Waffles Tasting 7€/Spa Garden			Spanish Class Lobby		

Children’s Activities Schedule (4-12 years)

SATURDAY 22nd	SUNDAY 23rd	MONDAY 24th	TUESDAY 25th	WEDNESDAY 26th	THURSDAY 27th	FRIDAY 28th
					10:00 Kids Tennis Tennis Court 2 Min 2 pax Less ask for Info	
					11:00 Mandalas Drawing Activity Center	
		15:15 Table Games& Puzzle Activity Center	15:15 Lego Constructions Activity Center			
		16:30 Tattoos & Makeup Activity Center	16:30 Music Games Activity Center		16:30 Mask Making Activity Center	

Featured Events & Social Experiences

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			16:30 Owners Cocktail event (only for Son Antem owners) DJ live music.  La Terrassa.			

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 22nd	SUNDAY 23rd	MONDAY 24th	TUESDAY 25th	WEDNESDAY 26th	THURSDAY 27th	FRIDAY 28th
9:00	Stretch & Relax Group Fitness	Pilates Group Fitness	Yoga Group Fitness	Pilates Group Fitness	Back Strengthening Group Fitness	Circuit Training Group Fitness	Yoga Group Fitness
10:15	Gym Intro Gym	Circuit Training Group Fitness	ABS Express Group Fitness	TRX Group Fitness	Body Toning Group Fitness	Nature Exercise Path Golf Caddies	Latin Dance Workshop Group Fitness
11:30	AquaFIT Spa Pool	Nature Exercise Path Golf Caddies	AquaFIT Spa Pool	AquaDance Spa Pool	AquaFIT Spa Pool	Pilates Group Fitness	AquaFIT Spa Pool
12:15		Surprise Delight Spa Garden	Smoothie Time Spa Garden		Smoothie Time Spa Garden		Fruit Skewers Spa Garden
14:00		Meditation Group Fitness	What’s on meeting Lobby	Intro Pickle Ball Basketball Court	Son Antem Club Thrive Tour Explore your resort With our buggy Lobby	Intro Pickle Ball Basketball Court	Meditation Group Fitness
15:15	Intro Pickle Ball Basketball Court	Stretch & Relax Group Fitness	Face Yoga Group Fitness		Massage WS Group Fitness	Feet Relax Lobby	Tai Chi 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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