



**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 MASSAGES INFO:

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

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
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 Woudenberg.
Activities Supervisor: Cristina Mir.
Activities Coordinators:
Marina Flores & Adrià Reyes.
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



17th – 23rd May 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.



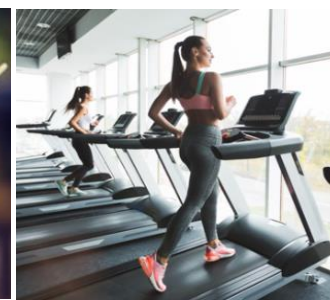
SANDCASTLE

Family & kids, send your amazing creative sandcastle photograph, before Friday with your villa number to the email:
activitiessonantem@vacationclub.com
Our team will personally contact you for a cool prize.



BOOK STATION

Pass our spa reception and you will find our book station.
Available in multiple languages.



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 For Family Activities

TIME	SATURDAY 17th	SUNDAY 18th	MONDAY 19th	TUESDAY 20th	WEDNESDAY 21st	THURSDAY 22nd	FRIDAY 23rd
9:15		Adult Tennis Tennis Court 2 Min 2 pax	Adult Tennis Tennis Court 2 Min 2 pax				Adult Tennis Tennis Court 2 Min 2 pax
10:00						Hotel Rally Lobby	
11:00	Basketball Match Basketball Court	Football Match Spa Garden	Magic Playdough Creation Spa Garden		Skincare Wellness At the well Behind villa 748		Football Match Spa Garden
12:15	Mandalas Drawing Spa Garden	Surprise Delight Spa Garden	Surprise Delight Smoothie Spa Garden		Surprise Delight Smoothie Time Spa Garden	Jewelry Making Spa Garden	Surprise Delight Fruit Skewers Spa Garden
14:00	Spanish Class Lobby		Golf Intro Min 4 pax Booking Golf shop Meeting Point Driving Range		Spanish Class Lobby		Pancake Tasting 7€/Spa Garden
15:15	Intro Pickle Ball Basketball Court	Bingo Spa Garden		Intro Pickle Ball Basketball Court	Book Marker Creation Spa Garden	T-shirt Painting 10€/Spa Garden	
16:00		Waffles Tasting 7€/Spa Garden	Adult Table Tennis Spa Garden				Adult Table Tennis Spa Garden
16:30						Table Games & puzzle. Spa Garden	

Children’s Activities Schedule (4 -12 years)

SATURDAY 17th	SUNDAY 18th	MONDAY 19th	TUESDAY 20th	WEDNESDAY 21st	THURSDAY 22nd	FRIDAY 23rd
09:15 Kids Tennis Tennis Court 2 Min 2 pax Age 4 to 7 yrs		10:00 Kids Tennis Tennis Court 2 Min 2 pax Age 8 to 12 yrs			10:00 Kids Tennis Tennis Court 2 Min 2 pax Age 8 to 12 yrs	
		15:15 Table Games& Wii play Activity Center	15:15 Lego Constructions Activity Center			
		16:30 Kids Tattoos Activity Center	16:00 Salt Bottle Creation Activity Center	16:30 Soap Making 7€/Activity Center		

Featured Events & Social Experiences

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19:30 Live show Flamenco Dancing. La Terrassa			16:30 Owners Cocktail event (only for Son Antem owners) DJ live music. La Terrassa. 18:00 Birds of Prey. Behind La Terrassa.	19:30 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 17th	SUNDAY 18th	MONDAY 19th	TUESDAY 20th	WEDNESDAY 21st	THURSDAY 22nd	FRIDAY 23rd
8:00			Morning Meditation Gym	Stretch & Relax Gym	Morning Meditation Gym	Stretch & Relax Gym	
9:00	Fit Body Toning Gym	Flow Yoga Gym	Back Srengthening Gym	Pilates Gym	Flow Yoga Gym	Pilates Gym	Flow Yoga Gym
10:15	Gym Intro Gym	Fit Circuit Training Gym	30 min ABS Express	Gym Intro Gym	TRX Gym	Nature Exercise Path Golf Caddies	Fit Body Toning Gym
11:30	AquaFIT Spa Pool	AquaFIT Spa Pool	AquaFIT Spa Pool	AquaFIT Spa Pool	AquaFIT Spa Pool	AquaFIT Spa Pool	AquaFIT Spa Pool
12.15		Surprise Delight Spa Garden	Surprise Delight Smoothie Spa Garden		Surprise Delight Smoothie Time Spa Garden		Surprise Delight Fruit Skewers Spa Garden
14.00	Tai Chi Gym	What’s on meeting Lobby	Body Relaxation Workshop Gym	Face Yoga Group Fitness	Back Strengthening Gym	Explore Club Thrive Tour Lobby	Meditation Gym
15:15	Intro Pickle Ball Basketball Court	Feet Relax Gym		Intro Pickle Ball Basketball Court		Intro Pickle Ball Basketball Court	

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

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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