



**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](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 Woudenberg.

Activities Supervisor: Cristina Mir.

Activities Coordinators:

Marina Flores & Adrià Reyes & Izan Fernández.

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



14<sup>th</sup> June - 20<sup>th</sup> June 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:

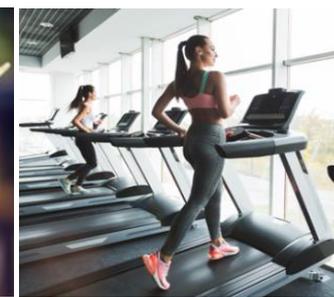
[activitiessonantem@vacationclub.com](mailto:activitiessonantem@vacationclub.com)

Our team will personally contact you for a cool prize.



### 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.

# Children Activities Schedule (4-12 years)

TIME	SATURDAY 14th	SUNDAY 15th	MONDAY 16th	TUESDAY 17th	WEDNESDAY 18th	THURSDAY 19th	FRIDAY 20th
10:15			Tennis Match Tennis Court 2 Min 2 pax Age 8 to 12 yrs				
11:00		Watercolors Drawing Spa Garden	Playdough Making Spa Garden	Hotel Rally Lobby	Jewelry Creation Spa Garden	Treasure Hunt Lobby	
12:15	Mandalas Drawing Spa Garden			Mask Making Spa Garden		Water Slide Spa Garden	Family Yoga At the well Behind villa 748
14:00		Waffles Tasting 7€/Spa Garden					Pancake Tasting 7€/Spa Garden
15:15	Wii Games&draw Activity Center		Kids Water Games Activity Center	Salt Bottle Making Activity Center	Book Marker Creation Spa Garden	T-shirt Painting 10€/Spa Garden	
16:00	Ice Cream Tasting 7€/Spa Garden	Jewelry Creation Spa Garden		Kids Water Games Activity Center		Soap Making 7€/Activity Center	
17:00	Lego Creations Spa Garden	Table Tennis Spa Garden	Tattos Activity Center		Table Tennis Spa Garden		

# Teens Activities Schedule (13-16 years)

TIME	SATURDAY 07th	SUNDAY 08th	MONDAY 09th	TUESDAY 10th	WEDNESDAY 11th	THURSDAY 12th	FRIDAY 13th
10:15						Tennis Match Tennis Court 2 Min 2 pax	
11:00	Basketball Match Basketball Court						
12:15						Family Yoga At the well Behind villa 748	
14:00					Skincare Wellness At the well Behind villa 748		

# Featured Events & Social Experiences

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:15 Prebooking Intro Pickle Ball Basketball Court	10:15 Prebooking Adult Tennis Tennis Court 2 Min 2 pax	09:15 Prebooking Adult Tennis Tennis Court 2 Min 2 pax	10:15 Prebooking Intro Pickle Ball Basketball Court	12:15 Surprise Delight Spa Garden		10:15 Prebooking Intro Pickle Ball Basketball Court
14:00 Spanish Class. Lobby	12:15 Surprise Delight Spa Garden	12:15 Surprise Delight Smoothie. Spa Garden	16:30 Owners Cocktail event (only for Son Antem owners) DJ live music. La Terrassa.	16:00 Family Aqua Dance Spa Pool		
19:30 Live Music show. La Terrassa.	15:15 Bingo Spa Garden	16:00 Adult Table Tennis Spa Garden	19:00 Birds of Prey. La Terrassa.	19:30 BBQ & 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 14th	SUNDAY 15th	MONDAY 16th	TUESDAY 17th	WEDNESDAY 18th	THURSDAY 19th	FRIDAY 20th
8:00			Pilates Gym	Flow Yoga & Meditation Gym	Morning Meditation Gym	Stretch & Relax Gym	
9:00	Pilates Gym	Flow Yoga Gym	Stretch & Relax Gym	Pilates Gym	Nature Exercise Path Golf Caddies	Fit Body Toning Gym	Nature Exercise Path Golf Caddies
10:15	Gym Intro Gym	Fit Circuit Training Gym	Flow Yoga Gym	Intro Pickle Ball Basketball Court	Nature Flow Yoga 1,5h At the well Behind villa 748	Fit TRX Gym	Intro Pickle Ball Basketball Court
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		
14:00	Back & Posture Gym	Meditation At the well Behind villa 748	What's on meeting Lobby	Face Yoga Gym		Son Antem Club Thrive Tour Explore your resort With our buggy Lobby	Tai Chi At the well Behind villa 748
15:15	ABS Express 30 min. Gym	Feet Relax Gym		AquaFIT Spa Pool	Tai Chi At the well Behind villa 748	AquaFIT Spa Pool	

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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