



**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 Woudenbergh.

Activities Supervisor: Cristina Mir.

Activities Coordinators:

Marina Flores & Adrià Reyes & Izan Fernández.

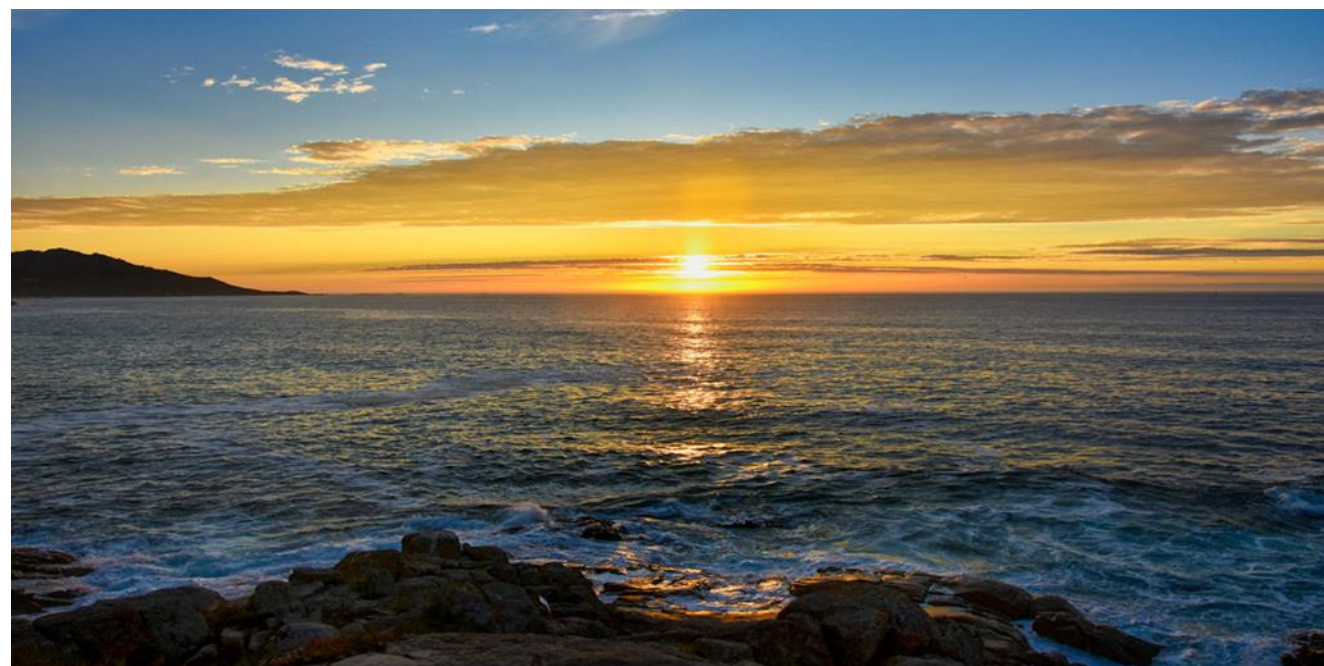
Fitness Supervisor: Ulrike Stuemke.

Fitness Trainers:

Natalia Pancot & Freddy Castro.

Resort Activities

ENHANCE YOUR VACATION EXPERIENCE WITH OUR
RESORT ACTIVITIES



28th - 04th June July 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:

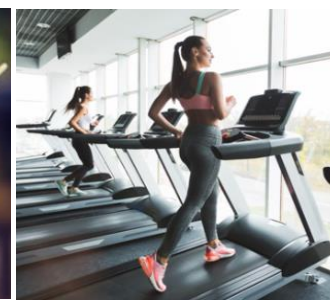
activitiessonantem@vacationclub.com

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.

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.

Children Activities Schedule (4-12 years)

TIME	SATURDAY 28th	SUNDAY 29th	MONDAY 30th	TUESDAY 01st	WEDNESDAY 02nd	THURSDAY 03rd	FRIDAY 04th
09:15			Tennis Match Tennis Court 2 Min 2 pax Age 4 to 7 yrs		Tennis Match Tennis Court 2 Min 2 pax Age 8 to 12 yrs	Tennis Match Tennis Court 2 Min 2 pax Age 8 to 12 yrs	
10:15		Table Tennis Spa Garden		Hotel Rally Lobby			
11:00		Watercolors Drawing Spa Garden	Playdough Making Spa Garden		Jewelry Creation Spa Garden	Mask Making Spa Garden	Family Yoga At the well Behind villa 748
12:15	Mandalas Drawing Spa Garden			Water Slide Spa Garden		Water Slide Spa Garden	
14:00				Soap Making 7€/Activity Center			Pancake Tasting 7€/Spa Garden
15:15	Wii Games&draw Activity Center		Kids Water Games Activity Center		Book Marker Creation Spa Garden	T-shirt Painting 10€/Spa Garden	Table Games Spa Garden
16:00	Ice Cream Tasting 7€/Spa Garden			Kids Water Games Activity Center		Salt Bottle Making Spa Garden	
17:00	Lego Creations Spa Garden	Jewelry Creation Spa Garden					

Teens Activities Schedule (13-16 years)

TIME	SATURDAY 28th	SUNDAY 29 th	MONDAY 30th	TUESDAY 01st	WEDNESDAY 02nd	THURSDAY 03rd	FRIDAY 04th
08:15						Tennis Match Tennis Court 2 Min 2 pax	
11:00							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 14:00 Spanish Class. Lobby 19:30 Live Music show. La Terrassa.	12:15 Surprise Delight Spa Garden 15:15 Bingo Spa Garden 19:30 Show. Sky Blue Brothers La Terrassa.	08:15 Prebooking Adult Tennis Tennis Court 2 Min 2 pax 12:15 Surprise Delight Smoothie. Spa Garden	10:15 Prebooking Intro Pickle Ball Basketball Court 15:15 Table Tennis Spa Garden 17:30 Owners Cocktail event (only for Son Antem owners) DJ live music. La Terrassa. 19:30 Birds of Prey. La Terrassa.	08:15 Prebooking Adult Tennis Tennis Court 2 Min 2 pax 12:15 Surprise Delight Smoothie. Spa Garden 16:00 Family Aqua Dance Spa Pool 19:30 BBQ & Live Music. La Terrassa.	19:30 Birds of Prey. La Terrassa. 20:30 Silent Disco La Terrassa	10:15 Prebooking Intro Pickle Ball Basketball Court Prebooking 11:00 Family Yoga At the well Behind villa 748

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Fitness & Sport Schedule

TIME	SATURDAY 28th	SUNDAY 29th	MONDAY 30th	TUESDAY 01st	WEDNESDAY 02nd	THURSDAY 03rd	FRIDAY 04th
8:00	Nature Exercise Path Golf Caddies	Fit Body Toning Gym		Flow Yoga & Meditation Gym	Morning Meditation Gym	Stretch & Relax Gym	Pilates Gym
9:00	Pilates Gym	Stretch & Relax Gym	Flow Yoga Gym	Stretch & Relax Gym	Nature Exercise Path Golf Caddies	Fit Body Toning Gym	Flow Yoga Gym
10:15	Back Strengthening Gym	Fit Circuit Training Gym	Pilates Gym	Agua Pilates At the pool Beside villa 718	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	Sport Challenge Spa Garden	Surprise Delight Smoothie Time Spa Garden		Sport Challenge Spa Garden
14.15	Meditation At the well Behind villa 748	What's on meeting Lobby	Meditation At the well Behind villa 748	Face Yoga At the well Behind villa 748		Son Antem Club Thrive Tour Explore your resort With our buggy Lobby	Tai Chi At the well Behind villa 748
15:30	ABS Express 30 min. 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

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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