



**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 & Izan Fernández.
Fitness Supervisor: Ulrike Stuemke.
Fitness Trainers:
Natalia Pancot & Freddy Castro & Bernd Boecken.

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



12th - 18th 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.



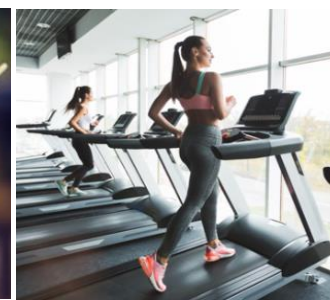
SANDCASTLE

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.

Children Activities Schedule (4-12 years)

TIME	SATURDAY 12th	SUNDAY 13th	MONDAY 14th	TUESDAY 15th	WEDNESDAY 16th	THURSDAY 17th	FRIDAY 181th
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	Football Match Spa Garden				Table Tennis Spa Garden		
11:00	Wii Games&draw Activity Center	Watercolors Drawing Spa Garden	Playdough Making Spa Garden	Jewelry Creation Spa Garden	Water Slide Spa Garden	Mask Making Spa Garden	Football Match Spa Garden
12:15	Mandalas Drawing Spa Garden						Table Games Spa Garden
14:00			Kids Water Games Activity Center		T-shirt Painting 10€/Spa Garden		Pancake Tasting 7€/Spa Garden
15:15	Ice Cream Tasting 7€/Spa Garden			Soap Making 7€/Activity Center		Table Tennis Spa Garden	Book Marker point Spa Garden
16:00	Lego Creations Spa Garden			Kids Water Games Activity Center	Family Aqua Dance&Games Spa Garden		
17:00		Jewelry Creation Spa Garden					

Teens Activities Schedule (13-16 years)

TIME	SATURDAY 12th	SUNDAY 13th	MONDAY 14th	TUESDAY 15th	WEDNESDAY 16th	THURSDAY 17th	FRIDAY 181th
10:15	Football Match Spa Garden				Table Tennis Spa Garden		
11:00	Wii Games&draw Activity Center						Football Match Spa Garden
15:15						Skincare Wellness At the well Behind villa 748	

Featured Events & Social Experiences

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19:30 Live Music Show. La Terrassa.	10:15 Prebooking Intro Pickle Ball Basketball Court 12:15 Surprise Delight Spa Garden 15:15 Bingo Spa Garden 21:00 Outdoor Cinema La Terrassa.	08:15 Prebooking Adult Tennis Tennis Court 2 Min 2 pax 12:15 Surprise Delight Smoothie. Spa Garden 17:00 Performance with a Magician. Spa Garden.	10:15 Prebooking Intro Pickle Ball Basketball Court 12:15 Giants Bubble Ball games and Match for Teenagers&Adults Spa Garden 17:30 Owners Cocktail event (only for Son Antem owners) DJ live music. La Terrassa. 19:30 Birds of Prey. La Terrassa.	12:15 Surprise Delight Smoothie. Spa Garden 16:00 Family Aqua Dance&Games Spa Pool 19:30 BBQ & Live Music. La Terrassa.	08:15 Prebooking Adult Tennis Tennis Court 2 Min 2 pax 12:15 Giant Bubble Ball games & Match for Teenagers &Adults Spa Garden 18:00 The legends of 80'S. La Terrassa.	10:15 Prebooking Intro Pickle Ball Basketball Court

Fitness & Sport Schedule

TIME	SATURDAY 12th	SUNDAY 13th	MONDAY 14th	TUESDAY 15th	WEDNESDAY 16th	THURSDAY 17th	FRIDAY 18th
8:00	Nature Exercise Path Golf Caddies	Fit Body Toning Gym	Stretch & Relax Gym	Flow Yoga & Meditation Gym	Morning Meditation Gym	Stretch & Relax Gym	Pilates Gym
9:00	Pilates Gym	Stretch & Relax Gym	Flow Yoga Gym	Nature Exercise Path Golf Caddies	Nature Flow Yoga 1,5h At the well Behind villa 748	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	30 min. ABS Express Gym	Fit TRX At the well Behind villa 748	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	30 min. Sport Challenge Spa Garden		30 min. 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	Fit Gym Circuit Training Gym	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.

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.

Participation in resort activities is voluntary, and participants assume all risk of injury or illness in connection with participation.