



**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 & Ethan Molina.  
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



06<sup>th</sup> - 12<sup>th</sup> September 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.



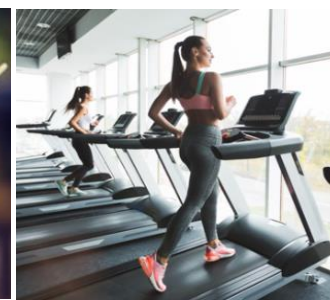
### SANDCASTLE

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 06th	SUNDAY 07th	MONDAY 08th	TUESDAY 09th	WEDNESDAY 10th	THURSDAY 11th	FRIDAY 12th
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						
11:00	Wii Games&draw Activity Center	Watercolor Drawing Spa Garden	Playdough making Spa Garden	Tattoos Making Spa Garden	Salt Bottle Making Spa Garden	Mask Making Spa Garden	Football Match Spa Garden
12:15	Mandalas Drawing Spa Garden			Lego Construction Spa Garden		Jewelry making Spa Garden	Table Games Spa Garden
14:00			Table Games Spa Garden		T-shirt Painting 10€/Spa Garden		Pancake Tasting 7€/Spa Garden
15:15	Ice Cream Tasting 7€/Spa Garden		Jewelry Creations Spa Garden	Soap Making 7€/Activity Center		Basketball Match Basketball Court	
16:00	Lego Making Spa Garden		Football Match Spa Garden	Fruits skewers Spa Garden	Wii Games&draw Activity Center		
17:00		Table Tennis Spa Garden					

# Teens Activities Schedule (13-16 years)

TIME	SATURDAY 06th	SUNDAY 07th	MONDAY 08th	TUESDAY 09th	WEDNESDAY 10th	THURSDAY 11th	FRIDAY 12th
10:15							
11:00	Wii Games&draw Activity Center						Football Match Spa Garden
15:15		Bingo Spa Garden				Skincare Wellness At the well Behind villa 748	

# Featured Events & Social Experiences

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19:30 Live Music . La Terrassa.	10:15 Prebooking Intro Pickle Ball Basketball Court 12:15 Surprise Delight Spa Garden 15:15 Bingo Spa Garden	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 16:30 Owners Cocktail event (only for Son Antem owners) DJ live music. La Terrassa. 19:00 Birds of Prey. La Terrassa.	12:15 Surprise Delight Smoothie. Spa Garden 19:30 Hamburger + Drinks & Live Music. La Terrassa.	08:15 Prebooking Adult Tennis Tennis Court 2 Min 2 pax 15:15 Basketball Match Basketball Court	10:15 Prebooking Intro Pickle Ball Basketball Court 15:15 Adult Table Tennis Spa Garden

# Fitness & Sport Schedule

TIME	SATURDAY 06th	SUNDAY 07th	MONDAY 08th	TUESDAY 09th	WEDNESDAY 10th	THURSDAY 11th	FRIDAY 12th
8:00			Stretch & Relax Gym	Morning Meditation Gym	Stretch & Relax Gym	Morning Meditation Gym	
9:00	Dance Fit 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	Pilates Gym	Fit Circuit Training Gym	Pilates Gym	Aqua Pilates At the pool Beside villa 619	Dance Fit Gym	30 min 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. Spa Garden		
14:15	Meditation At the well Behind villa 748	Gym Intro Gym	What's on meeting Lobby	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	Gym Intro Gym
15:30	Tai Chi At the well Behind villa 748	Back & Posture Gym		Tai Chi At the well Behind villa 748			

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.