



De lunes a domingo.
From monday to sunday.
Montag bis Sonntag.

Massages 10:15 – 17:45 h

SPA RECEPTION AND MESSAGES 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.



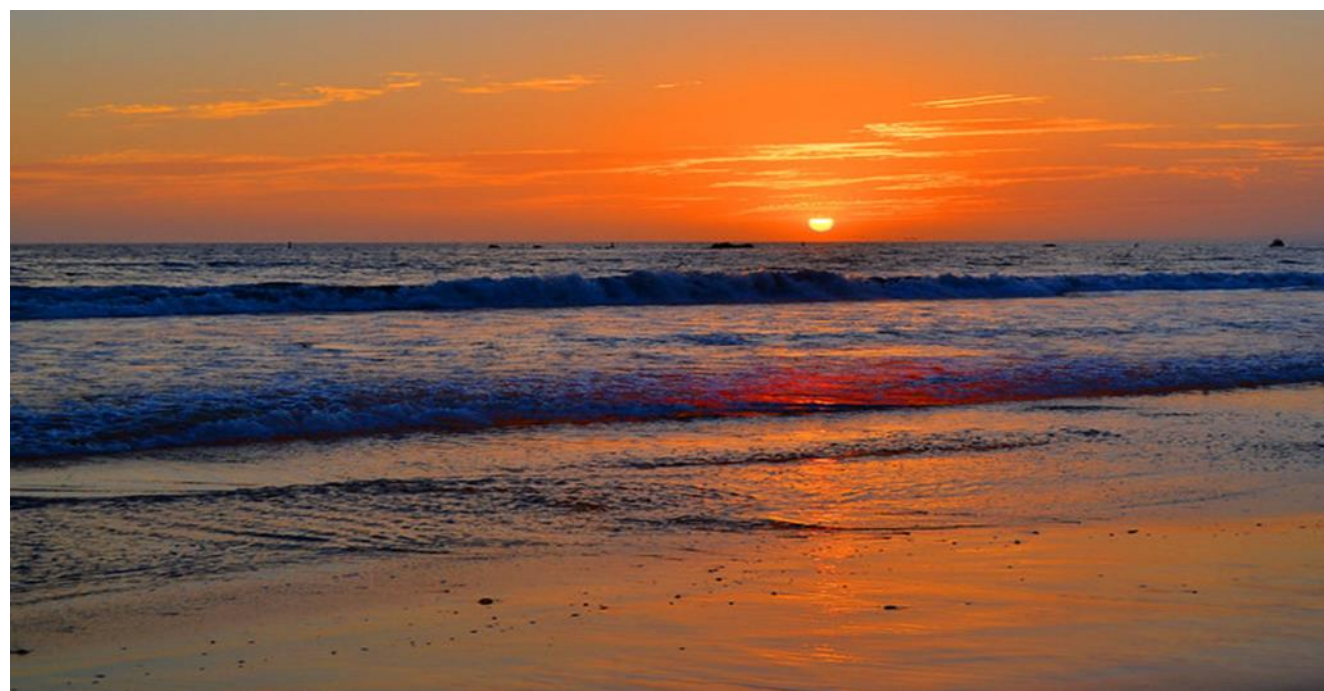
SON ANTEM ACTIVITIES & FITNESS TEAM

Manager :Jeffrey Woudenberg.
Activities Supervisor: Cristina Mir.
Activities Coordinators:
Marina Flores & 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



08th - 14th November 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 ASY (0) to connect with EXT Fitness 9700 or EXT Activities 9703.



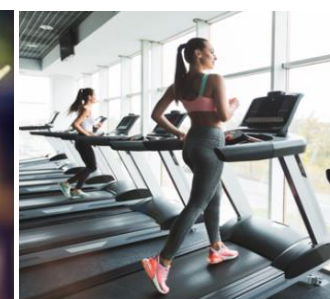
SANDCASTLE

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 8th	SUNDAY 9th	MONDAY 10th	TUESDAY 11th	WEDNESDAY 12th	THURSDAY 13th	FRIDAY 14th
10:15	Football Match Spa Garden		Indoor Games Activity Center		Indoor Games Activity Center		Finger Painting Activity Center
11:00	Wii Games&draw Activity Center			Tattoos Making Spa Garden	Mask Making Spa Garden	Play dough Creation Spa Garden	Football Match Spa Garden
12:15	Mandalas Drawing Spa Garden	Lego Making Spa Garden		Nature Walk Tour Lobby /Max 6		Naure walk Tour Lobby /Max 6	Fruits skewers Spa Garden
14:00					T-shirt Painting 10€/Spa Garden		Basketball Match Basketball Court
15:15	Waffles Tasting 7€/Spa Garden	Bingo Spa Garden		Soap Making 7€/Activity Center	Lego Making Spa Garden	Pancake Tasting 7€/Spa Garden	
16:00	Art&Craft Making Spa Garden		Jewelry Creations Spa Garden	Fruits skewers Spa Garden	Table Tennis Spa Garden		

Adults Activities Schedule (+ 13 years old)

TIME	SATURDAY 8th	SUNDAY 9th	MONDAY 10th	TUESDAY 11th	WEDNESDAY 12th	THURSDAY 13th	FRIDAY 14th
09:15			Tennis Match Tennis Court 2 Min 2 pax Age Adults		Tennis Match Tennis Court 2 Min 2 pax Age Adults		
10:15				Intro Pickle Ball Basketball Court		Table Tennis Spa Garden	
11:00			Acrylic painting on Canvas 10€/Activity Center				
12:15	Mandalas Drawing Spa Garden			Nature Walk Tour Lobby /Max 6		Nature Walk Tour Lobby /Max 6	Fruits skewers Spa Garden
14:00			Spanish Class Lobby	Petanque Spa Garden			Basketball Match Basketball Court
15:15		Bingo Spa Garden	Petanque Spa Garden	Soap Making 7€/Activity Center			
16:00	Art&Craft Making Spa Garden			Fruits skewers Spa Garden	Spanish Class Lobby		

Featured Events & Social Experiences

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	15:15 Bingo Spa Garden	12:15 Surprise Delight Smoothie. Spa Garden	16:30 Prebooking Owners Cocktail event (only for Son Antem owners) DJ live music. La Terrassa.	12:15 Surprise Delight Smoothie. Spa Garden	15:30 Intro Pickle Ball Basketball Court	14:00 Basketball Match Basketball Court

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 8th	SUNDAY 9th	MONDAY 10th	TUESDAY 11th	WEDNESDAY 12th	THURSDAY 13th	FRIDAY 14th
9:00	Dance Fit Gym	Pilates Gym	Flow Yoga Gym	Nature Exercise Path Golf Caddies	Flow Yoga Gym	Fit Body Toning Gym	Flow Yoga Gym
10:15	Fit TRX Gym	Fit Circuit Training Gym	Pilates Gym	Tai Chi Gym	Fit TRX Gym	Pilates Gym	30 min ABS Express 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 Smoothie. Spa Garden			Surprise Delight Smoothie. Spa Garden	
14.15	Back Strengthening Gym	Meditation Gym	What's on meeting Lobby	Back Strengthening Gym			Fit X-CO Walking Gym Gym Intro Gym
15:30	Tai Chi Gym	Feet Relax Gym			Pilates Gym	Intro Pickle Ball Basketball Court	Face Yoga Gym

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 TRAINING 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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