



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

Massages 10:15 – 17:45 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.

On 31 st from 08:00 – 19 h & Holistic area too.

On 01 st from 09:00 – 21 h.

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



27<sup>th</sup> – 02<sup>nd</sup> December - January 2025/26

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](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 27th	SUNDAY 28th	MONDAY 29th	TUESDAY 30th	WEDNESDAY 31st	THURSDAY 01st	FRIDAY 02nd
10:15	Football Match Spa Garden		Indoor Games Activity Center		Indoor Games Activity Center	HAPPY	Fingers Painting Activity Center
11:00	Wii Games&draw Activity Center		X-MAS Art&Craft Activity Center	X-MAS Mask Making Activity Center	T-shirt Painting 10€/Activity Center		Football Match Spa Garden
12:15	X-MAS Mandalas Drawing Spa Garden	X-MAS Delight Tasting Spa Garden		Birds Watching Tour Lobby /Max 6 pax		NEW	Fruits Skewers Spa Garden
14:00				Soap Making 7€/Activity Center	Toast to the New Year Lobby		
15:15		Bingo Spa Garden				YEARS	Basketball Match Basketball Court
16:00		Lego Making Spa Garden	X-MAS Jewelry creation Activity Center				

# Adults Activities Schedule (+ 13 years old )

TIME	SATURDAY 27th	SUNDAY 28th	MONDAY 29th	TUESDAY 30th	WEDNESDAY 31st	THURSDAY 01st	FRIDAY 02nd
10:15		Intro Pickle Ball Basketball Court			Tennis Court 2/ Max 6 pack	HAPPY	
12:15	X-MAS Mandalas Drawing Spa Garden	X-MAS Delight Tasting Spa Garden					
14:00			Spanish Class Lobby	Soap Making 7€/Activity Center	Toast to the New Year Lobby	NEW YEARS	
15:15		Bingo Spa Garden					Basketball Match Basketball Court

# Featured Events & Social Experiences

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15:15 Bingo Spa Garden	12:15 X-MAS Surprise Delight. Spa Garden	16:30 Owners Cocktail La Terrassa.	12:15 X-MAS Surprise Delight. Spa Garden	14:00 Toast to the New Year Lobby	15:15 Basketball Match Basketball Court	

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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 27th	SUNDAY 28th	MONDAY 29th	TUESDAY 30th	WEDNESDAY 31st	THURSDAY 01st	FRIDAY 02nd
8:00	Stretch & Relax Gym	Pilates Gym		Stretch & Relax Gym			
9:00	Body Toning Gym	Fit TRX Gym	Flow Yoga Gym	Body Toning Gym	Flow Yoga Gym	HAPPY	Flow Yoga Gym
10:15	Back Strengthening Gym	Fit Circuit Training Gym	Pilates Gym	Gym Intro Gym	Fit TRX Gym		Fit TRX Gym
11:30	Nature Exercise Path Golf Caddies	AquaFIT Spa Pool	AquaFIT Spa Pool	Nature Exercise Path Golf Caddies	AquaFIT Spa Pool	NEW	AquaFIT Spa Pool
12:15			X-mas Surprise Delight Spa Garden			X-mas Surprise Delight Spa Garden	
14:15	Intro Pickle Ball Basketball Court	Gym Intro Gym	What's on meeting Lobby	Back Strengthening Gym			YEARS Tai Chi Gym
15:30				Fit TRX Gym			Face Yoga Gym
17:00				Gym Circuit 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](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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