



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](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 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.

The Holistic area open every day from 10:00- 20:00.

Pool towels are available at the Lifeguard station.



### SON ANTEM ACTIVITIES & FITNESS TEAM

Manager :Jeffrey Woudenberg.

Activities Supervisor: Cristina Mir.

Activities Coordinators:

Marina Flores.

Fitness Supervisor: Ulrike Stuemke.

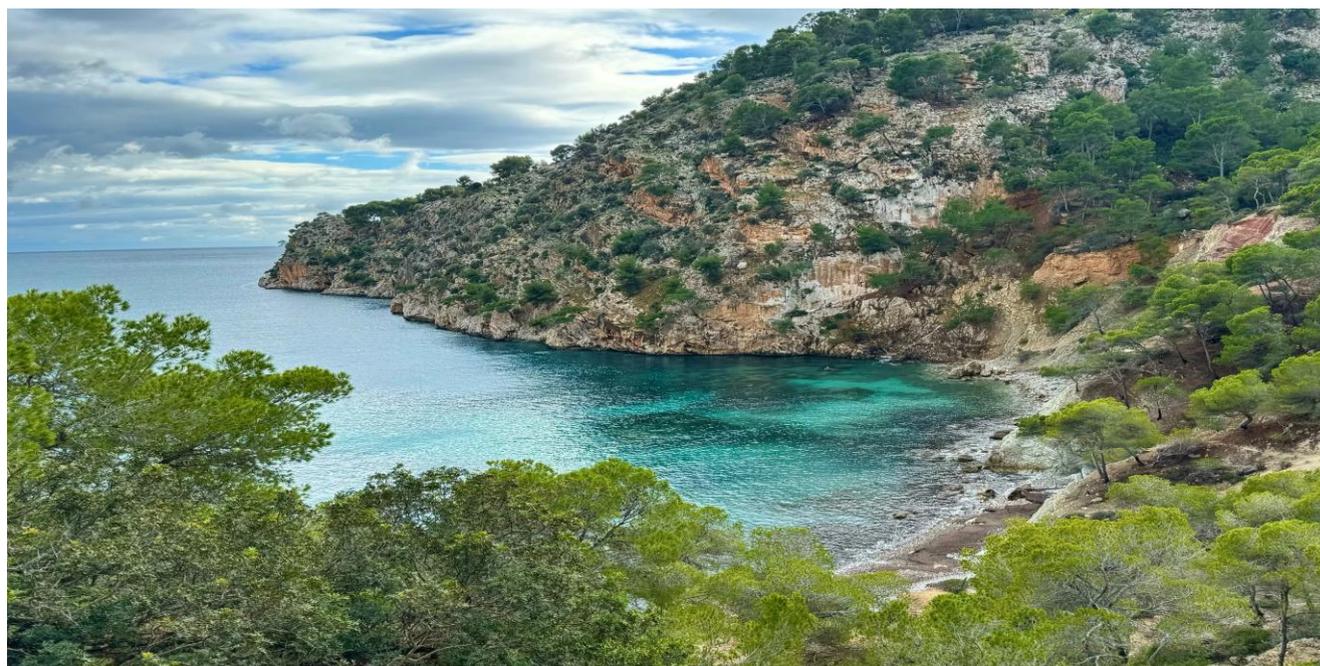
Fitness Trainers:

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



17<sup>th</sup>-23<sup>rd</sup> January 2026

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.

You could do it at volleyball area. number to the email:

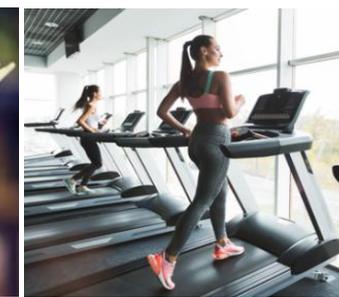
[activitiessonantem@vacationclub.com](mailto:activitiessonantem@vacationclub.com)

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 17th	SUNDAY 18th	MONDAY 19th	TUESDAY 20th	WEDNESDAY 21st	THURSDAY 22nd	FRIDAY 23rd
10:15	Art&Craft Activity Center	Indoor Games Activity Center	Indoor Games Activity Center		Indoor Games Activity Center		Finger Painting Activity Center
11:00	Wii Games&draw Activity Center	Football Match Spa Garden	Art&Craft Activity Center			Petanque Game Volleyball Court	Football Match Spa Garden
12:15	Mandalas Drawing Activity Center			Birds Watching Tour Lobby /Max 6 pax		Birds Watching Tour Lobby /Max 6 pax	Fruits Skewers Spa Pool
14:00				Soap Making 7€/Activity Center			
15:15	Face Painting Lobby				T-shirt Painting 10€/Activity Center	Lego Making Activity Center	
16:00		Jewelry creation Activity Center		Mask Making Activity Center	Table Games Activity Center		

# Adults Activities Schedule (+ 13 years old)

TIME	SATURDAY 17th	SUNDAY 18th	MONDAY 19th	TUESDAY 20th	WEDNESDAY 21st	THURSDAY 22nd	FRIDAY 23rd
09:30				Social Paddle Court 2/ Max 6 pack	Social Paddle Court 2/ Max 6 pack		
11:00						Tennis Court 2/ Max 6 pack	
12:15	Mandalas Drawing Activity Center			Birds Watching Tour Lobby /Max 6 pax Soap Making 7€/Activity Center		Birds Watching Tour Lobby /Max 6 pax	Fruits Skewers Lobby
14:00			Skincare Wellness Activity Center			Spanish Class Lobby	
15:15					T-shirt Painting 10€/Activity Center	Social Paddle Court 2/ Max 6 pack	
16:00			Spanish Class Lobby				

# Featured Events & Social Experiences

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	12:15 Surprise Delight. Spa Pool. 15:15 Bingo Spa Pool.	12:15 Smoothie Delight. Spa Pool.		12:15 Smoothie Delight. Spa Pool.		12:15 Fruits Skewers Spa Pool

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 17th	SUNDAY 18th	MONDAY 19th	TUESDAY 20th	WEDNESDAY 21st	THURSDAY 22nd	FRIDAY 23rd
8:10	Stretch & Relax Gym	Pilates Gym	Meditation Gym	Pilates Gym	Fascia Massage Gym	Gym Intro Gym	Gym Circuit Gym
9:00	Meditation Gym	Fit TRX Gym	Pilates Gym	Stretch & Relax Gym	Flow Yoga Gym	Body Toning Gym	Flow Yoga Gym
10:15	Dance Fit Gym		Gym Intro Gym	Fit TRX Gym	Gym Circuit Gym	Golf Mobility Gym	Fit TRX Gym
11:30	Nature Exercise Path Golf Caddies	Fit aqua Fit Spa Pool	Fit aqua Fit Spa Pool			Dance Fit Gym	Fit aqua Fit Spa Pool
12:15			Smoothie Delight Spa Pool		Smoothie Delight Spa Pool		Skewers Fruit Spa Pool
14:15	Intro Pickle Ball Basketball Court	ABS express Gym	What's on meeting Lobby	Intro Pickle Ball Basketball Court		X-Co Walking Gym	ABS express Gym
15:30	Tai Chi Gym		Fit TRX Gym	Tai Chi Gym	Nature Exercise Path Golf Caddies		
17:00			Gym Circuit Gym		Gym Intro 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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