

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 20.09.2021 / 26.09.2021

Lu | Mon
20

Ma | Tue
21

Me | Wed 9.30 – 10.15 POSTURAL FELDERKRAIS
22

Gio | Thu
23

Ve | Fri
24 17.30 – 18.15 TOTAL BODY

Sa | Sat
25 17.30 – 18.15 PILATES

Do | Sun
26

Fitness Centre ARMONIA

07.00 - 20.00

ARMONIA
SPA & FITNESS

DU LAC ET DU PARC
GRAND RESORT

Start: ARMONIA

Un consiglio! Tipps!
Portate con voi una bottiglia d'acqua
Bring a bottle of water with you

www.dulacetduparc.com