

# FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

## **FITNESS PROGRAM 26.10.2021 / 01.11.2021**

Ma | Tue  
26

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Me | Wed  
27

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Gio | Thu  
28 16.45 – 17.30 PILATES

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Ve | Fri  
29 17.30 – 18.15 TOTAL BODY

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Sa | Sat  
30 16.45 – 17.30 PILATES STRONG

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Do | Sun  
31 14.00 – 14.45 ABS & BOOTY WORKOUT

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Lu | Mon  
01 16.45 – 17.30 PILATES

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Fitness Centre ARMONIA

07.00 - 20.00

**ARMONIA**  
SPA & FITNESS

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**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

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