

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 09.05.2022 / 15.05.2022

Lu | Mon
09

Ma | Tue
10

16.15 – 17.00 MAT PILATES
con Nicole

Me | Wed
11

9.15 – 10.00 MUSCLE ACTIVATION
con Laura

Gio | Thu
12

11.30 – 12.15 ABDOMINAL SCULPT
Con Laura

Ve | Fri
13

16.15 – 17.00 BOOTY WORKOUT
con Nicole

Sa | Sat
14

11.30 – 12.15 UPPER WORKOUT
con Laura

Do | Sun
15

Fitness Center 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