

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 23.05.2022 / 29.05.2022

Lu | Mon 16.15 – 17.00 STRONG PILATES
23 con Nicole

Ma | Tue 14.00 – 14.45 CORE STABILITY
24 con Nicole

Me | Wed 9.30 – 10.15 SOFT MORNING PILATES
25 con Laura

Gio | Thu 11.30 – 12.15 LOWER BODY WORKOUT
26 con Laura

Ve | Fri
27

Sa | Sat 10.30 – 11.15 PILATES FULL BODY
28 con Laura

Do | Sun
29

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