

# FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

## **FITNESS PROGRAM 20.06.2022 / 26.06.2022**

Lu | Mon 10.30 – 11.15 POSATURAL FELDERKRAIS con Eleonora  
20 16.00 – 16.45 TOTAL BODY con Nicole

---

Ma | Tue 11.30 - 12.00 AQUAGYM  
21

---

Me | Wed 10.30 – 11.15 YOGA + PILATES  
22 con Laura

---

Gio | Thu 11.30 – 12.15 PILATES LOWER BODY  
23 con Laura

---

Ve | Fri 15.30 – 16.00 AQUAGYM con Nicole  
24 16.15 – 17.00 PILATES con Nicole

---

Sa | Sat 10.30 – 11.15 FIT BALL  
25 con Laura

---

Do | Sun  
26

---

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](http://www.dulacetduparc.com)