

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 01.08.2022 / 07.08.2022

Lu | Mon

01 16.15 – 17.00 STRONG PILATES CON NICOLE

Ma | Tue 11.30 – 12.15 PILATES CON LAURA

02

Me | Wed 11.30 – 12.15 ACQUA GYM CON LAURA

03

Gio | Thu 14.00 – 14.45 FIT BALL CON NICOLE

04

Ve | Fri 11.30 – 12.15 PILATES CON LAURA

05

Sa | Sat 15.00 – 15.45 ACQUA GYM CON NICOLE

06

Do | Sun

07

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