

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 08.08.2022 / 14.08.2022

Lu | Mon 10.30 – 11.15 ANTISTRESS FELDERKRAIS con Eleonora
08

Ma | Tue 11.30 – 12.00 ACQUA GYM CON Paola
09

Me | Wed 11.30 – 12.15 PILATES CON Laura
10

Gio | Thu 11.30 – 12.15 STRETCHING CON Laura
11

Ve | Fri 16.15 – 17.00 FIT BALL CON Nicole
12

Sa | Sat 16.15 – 17.00 STRONG PILATES CON Nicole
13

Do | Sun
14

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

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