

# FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

## **FITNESS PROGRAM 19.09.2022 / 25.09.2022**

Lu | Mon

19 10.30 – 11.15 MORNING PILATES con Laura

---

Ma | Tu

20 11.30 – 12.15 PILATES con Laura

---

Me | Wed

21 16.15 – 17.00 STRONG PILATES con Nicole

---

Gio | Thu

22 11.30-12.15 MORNING PILATES con Laura

---

Ve | Fri

23 11.00 – 11.45 NATURAL TONE con Eleonora  
16.15 – 17.00 FIT BALL con Nicole

---

Sa | Sat

24 16.15-17.00 PILATES ABS con Nicole

---

Do | Sun

25

---

Fitness Centre ARMONIA

07.00 - 20.00

**ARMONIA**  
SPA & FITNESS

---

**DU LAC ET DU PARC**

GRAND RESORT

Fitness: ARMONIA

Aquagym Start: CAPANNINA POOL

Un consiglio! Tipps!

Portate con voi una bottiglia d'acqua

Bring a bottle of water with you

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