

# FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

## **FITNESS PROGRAM 31.10.2022 / 06.11.2022**

Lu | Mon

31

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Ma | Tu

01

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Me | Wed

16.15 – 17.00 STRETCHING & PILATES con Nicole

02

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Gio | Thu

14.00 – 14.45 PILATES con Laura

03

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Ve | Fri

16.15 – 17.00 STRONG PILATES con Nicole

04

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Sa | Sat

10.30 – 11.15 PILATES ABS con Nicole

05

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Do | Sun

06

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Fitness Centre ARMONIA

07.00 - 20.00

# ARMONIA

SPA & FITNESS

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**DU LAC ET DU PARC**

GRAND RESORT

Fitness: 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)