

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 05.12.2022 / 11.11.2022

Lu | Mon

05

Ma | Tu

06

Me | Wed

07

Gio | Thu

18.00 – 18.45 PILATES con Laura

08

Ve | Fri

10.30 – 11.15 PILATES con Laura

09

Sa | Sat

14.00 – 14.45 PILATES con Laura

10

Do | Sun

11

Fitness Centre ARMONIA

07.00 - 20.00

ARMONIA

SPA & FITNESS

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