

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 22.05.2023 / 28.05.2023

Lu | Mon

22 **12.30-13.15** STRETCHING with Laura

Ma | Tue

23 **12.30-13.15** PILATES with Laura

Me | Wed

24

Gio | Thu

25 **16.15-17.00** PILATES STRONG with Nicole

Ve | Fri

26 **14.30-15.15** PILATES & STRETCHING with Nicole

Sa | Sat

27 **10.00-10.45** PILATES with Laura

Do | Sun

28

Fitness Center 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

Su richiesta, si organizzano sessioni di 1 ora con **personal trainer** dedicato.

Upon request, we organise 1-hour sessions with a dedicated **personal trainer**.