

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 11.09.2023 / 17.09.2023

Lu | Mon 11 **09.45-10.30** YOGA with Agata
12.30-13.15 PILATES with Laura

Ma | Tue
12

Me | Wed 13 **12.30-13.15** STRETCHING with Laura
16.15-17.00 STRONG PILATES with Nicole

Gio | Thu
14

Ve | Fri 15 **09.45-10.30** YOGA with Simon
15.00-15.45 PILATES & STRETCHING with Nicole

Sa | Sat 16 **09.30-10.15** PILATES with Laura

Do | Sun
17

Fitness Center ARMONIA

07.00 - 20.00

ARMONIA
SPA & FITNESS

DU LAC ET DU PARC
GRAND RESORT

MEETING POINT for all activities: SPA

YOGA takes place at the Cristallo Pool.

PILATES & STRETCHING takes place in the gym

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**.