

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 18.09.2023 / 24.09.2023

Lu Mon 18	10.00-10.45 YOGA with Agata 12.30-13.15 PILATES with Laura
Ma Tue 19	10.00-10.45 YOGA with Agata 12.30-13.15 STRETCHING with Laura 16.15-17.00 STRONG PILATES with Nicole
Me Wed 20	16.15-17.00 PILATES & STRETCHING with Nicole
Gio Thu 21	10.00-10.45 YOGA with Agata
Ve Fri 22	09.30-10.15 PILATES with Laura
Sa Sat 23	
Do Sun 24	

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**.