

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 25.09.2023 / 01.10.2023

Lu | Mon 10.00-10.45 YOGA with Agata
25 12.30-13.15 PILATES with Laura

Ma | Tue
26

Me | Wed 10.00-10.45 YOGA with Agata
27 12.30-13.15 STRETCHING with Laura

Gio | Thu 16.00-16.45 STRONG PILATES with Nicole
28

Ve | Fri 10.00-10.45 YOGA with Agata
29 14.30-15.15 PILATES & STRETCHING with Nicole

Sa | Sat
30

Do | Sun
01

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**.