

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 01.04.2024 / 07.04.2024

Lu | Mon
01

Ma | Tue
02

Me | Wed 12.30 – 13.15 PILATES con Laura
03

Gio | Thu
04

Ve | Fri
05

Sa | Sat 09.00 – 09.45 MORNING PILATES con Laura
06

Do | Sun
07

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

www.dulacetduparc.com