

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 15.04.2024 / 21.04.2024

Lu | Mon

15 12.30 – 13.15 PILATES con Laura

Ma | Tue

16

Me | Wed

17

Gio | Thu

10.30 – 11.15 YOGA con Agata

18

Ve | Fri

09.00 – 09.45 YOGA con Simon

19

Sa | Sat

08.30 – 09.55 MORNING STRETCHING con Laura

20

Do | Sun

21

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