

# FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

## **FITNESS PROGRAM 22.04.2024 / 28.04.2024**

Lu | Mon

22 10.30 – 11.15 YOGA con Agata

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Ma | Tue

23

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Me | Wed

24 10.30 – 11.15 YOGA con Agata

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Gio | Thu

25 11.00 – 11.45 PILATES con Laura

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Ve | Fri

26 11.00 – 11.45 PILATES con Laura

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Sa | Sat

27

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Do | Sun

28

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Fitness Center ARMONIA

07.00 - 20.00

**ARMONIA**  
SPA & FITNESS

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**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](http://www.dulacetduparc.com)