

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 13.05.2024 / 19.05.2024

Lu | Mon

13 10.30 – 11.15 YOGA con Agata

Ma | Tue

14

Me | Wed

15 12.30 – 13.15 PILATES con Laura

Gio | Thu

16 10.30 – 11.15 YOGA con Agata

Ve | Fri

17 12.30 – 13.15 PILATES con Laura

Sa | Sat

18 8.30 – 9.15 PILATES & STRETCHING con Laura

Do | Sun

19

Fitness Center ARMONIA

07.00 - 20.00

ARMONIA
SPA & FITNESS

DU LAC ET DU PARC
GRAND RESORT

Meeting point: Armonia SPA Reception

Un consiglio! Tipps!

Portate con voi una bottiglia d'acqua

Don't forget to take a bottle of water with you

www.dulacetduparc.com