

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 08.07.2024 / 14.07.2024

Lu | Mon 10.00 – 10.45 YOGA con Simon
08 17.30 – 18.15 BOOTY & ABS con Nicole

Ma | Tue
09

Me | Wed 12.30 – 13.15 PILATES con Laura
10

Gio | Thu 10.30 – 11.15 YOGA con Agata
11

Ve | Fri 12.30 – 13.15 PILATES con Laura
12

Sa | Sat 10.00 – 10.45 YOGA con Agata
13

Do | Sun
14

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