

# FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

## **FITNESS PROGRAM 15.07.2024 / 21.07.2024**

Lu | Mon 10.30 – 11.15 YOGA con Agata  
15

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Ma | Tue  
16

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Me | Wed  
17

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Gio | Thu 10.30 – 11.15 YOGA con Agata  
18

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Ve | Fri 10.00 – 10.45 YOGA con Simon  
19

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Sa | Sat  
20

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Do | Sun  
21

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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

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