

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 16.30 – 17.15 STRON PILATES con Nicole

Ma | Tue
16 15.30 – 16.15 AQUAGYM con Nicole

Me | Wed 12.30 – 13.15 PILATES con Laura
17

Gio | Thu 10.30 – 11.15 YOGA con Agata
18 11.45 – 12.15 AQUAGYM con Laura

Ve | Fri 10.00 – 10.45 YOGA con Simon
19

Sa | Sat 8.30 – 9.15 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

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