

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 22.07.2024 / 28.07.2024

Lu | Mon 10.30 – 11.15 YOGA con Agata
22

Ma | Tue 17.00 – 17.45 PILATES con Laura
23

Me | Wed
24

Gio | Thu 10.30 – 11.15 YOGA con Agata
25

Ve | Fri 10.00 – 10.45 YOGA con Simon
26 12.30 – 13.15 PILATES con Laura

Sa | Sat 16.00 – 16.45 ACQUAGYM con Laura
27

Do | Sun
28

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