

# FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

## **FITNESS PROGRAM 29.07.2024 / 28.07.2024**

Lu | Mon 10.30 – 11.15 YOGA con Agata  
29 12.30 – 13.15 PILATES con Laura

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Ma | Tue 17.00 – 17.45 PILATES con Laura  
30

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Me | Wed 12.30 – 13.15 PILATES E STRETCHING con Laura  
31

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Gio | Thu 10.30 – 11.15 YOGA con Agata  
01 16.30 – 17.15 STRONG PILATES con Nicole

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Ve | Fri 10.00 – 10.45 YOGA con Simon  
02

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Sa | Sat 15.30 – 16.00 AQUAGYM con Nicole  
03

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Do | Sun  
04

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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)