

# FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

## **FITNESS PROGRAM    02.09.2024 / 08.09.2024**

Lu | Mon            10.30 – 11.15 YOGA con Agata  
02                            16.30 - 17.00 AQUAGYM con Nicole

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Ma | Tue  
03

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Me | Wed            10.30 – 11.15 YOGA con Agata  
04

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Gio | Thu  
05

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Ve | Fri            10.00 – 10.45 YOGA con Simon  
06

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Sa | Sat            8.30 – 9.15 PILATES con Laura  
07

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Do | Sun  
08

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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)