

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 16.09.2024 / 22.09.2024

Lu | Mon 10.30 – 11.15 YOGA con Agata
16 12.30 – 13.15 PILATES con Laura

Ma | Tue
17

Me | Wed 10.30 – 11.15 YOGA con Agata
18 16.30 – 17.15 STRONG PILATES con Nicole

Gio | Thu 09.30 – 10.15 YOGA con Agata
19

Ve | Fri 12.30 – 13.15 PILATES con Laura
20

Sa | Sat 8.30 - 9.15 STRETCHING con Laura
21

Do | Sun
22

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