

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 30.09.2024 / 06.10.2024

Lu | Mon
30

Ma | Tue
01

Me | Wed 10.30 – 11.15 YOGA con Agata
02 12.30 – 13.15 PILATES con Laura

Gio | Thu 16.30 – 17.15 STRONG PILATES con Nicole
03

Ve | Fri 10.00 – 10.45 YOGA con Simon
04 12.30 – 13.15 PILATES con Laura

Sa | Sat 8.30 – 9.15 PILATES con Laura
05

Do | Sun
06

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