

# FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

## **FITNESS PROGRAM    07.10.2024 / 13.10.2024**

Lu | Mon  
07

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Ma | Tue  
08

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Me | Wed            10.30 – 11.15 YOGA con Agata  
09                      12.30 – 13.15 PILATES con Laura

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Gio | Thu            16.00 – 16.45 STRONG PILATES con Nicole  
10

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Ve | Fri              10.00 – 10.45 YOGA con Simon  
11                      12.30 – 13.15 PILATES con Laura

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Sa | Sat              08.30 – 9.15 MORNING STRETCH con Laura  
12

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Do | Sun  
13

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)