

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 21.10.2024 / 27.10.2024

Lu | Mon
21

Ma | Tue
22

17.30 – 18.15 YOGA con Ilaria

Me | Wed
23

12.30 – 13.15 PILATES con Laura

Gio | Thu
24

16.30 – 17.15 ABS WORKOUT con Nicole

Ve | Fri
25

12.30 – 13.15 PILATES con Laura
17.30 - 18.15 YOGA con Ilaria

Sa | Sat
26

08.30 – 9.15 MORNING STRETCH con Laura

Do | Sun
27

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