

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 28.10.2024 / 03.11.2024

Lu | Mon 10.30 – 11.15 YOGA con Agata
28 12.30 – 13.15 PILATES con Laura

Ma | Tue
29

Me | Wed 10.30 – 11.15 YOGA con Agata
30

Gio | Thu 16.30 – 17.15 STRONG PILATES con Nicole
31

Ve | Fri 10.30 – 11.15 PILATES con Laura
01

Sa | Sat 09.00 – 9.45 PILATES con Laura
02

Do | Sun
03

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