

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 21.04.2025 / 27.04.2025

Lu | Mon

21 10.30 - 11.15 PILATES with Laura

Ma | Tue 09.30 - 10.15 YOGA con Simon
22

Me | Wed 11.30 - 12.15 YOGA con Agata
23

Gio | Thu
24

Ve | Fri 10.30-11.15 PILATES with Laura
25

Sa | Sat 10.30-11.15 PILATES with Laura
26

Do | Sun
27

Fitness Center ARMONIA

07.00 - 20.00

ARMONIA
SPA & FITNESS

DU LAC ET DU PARC
GRAND RESORT

MEETING POINT for all activities: SPA

Un consiglio! Tipps!
Portate con voi una bottiglia d'acqua
Bring a bottle of water with you

Su richiesta, si organizzano sessioni di 1 ora
con **personal trainer** dedicato.

Upon request, we organise 1-hour sessions
with a dedicated **personal trainer**.