

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 28.04.2025 / 04.05.2025

Lu | Mon 09.00 - 09.45 YOGA con Agata
28

Ma | Tue
29

Me | Wed 08.00-08.45 MORNING STRETCHING with Nicole
30

Gio | Thu 10.30 - 11.15 PILATES with Laura
01

Ve | Fri 10.30-11.15 PILATES with Laura
02

Sa | Sat 10.00-10.45 STRETCHING with Laura
03

Do | Sun
04

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**.