

# FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

**FITNESS PROGRAM 14.04.2025 / 20.04.2025**

Lu | Mon

14 **14.00-14.45** PILATES with Nicole

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Ma | Tue

15

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Me | Wed **11.00-11.45** PILATES with Nicole

16

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Gio | Thu

17

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Ve | Fri

18

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Sa | Sat **11.00-11.45** PILATES with Laura

19

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Do | Sun

20

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Fitness Center ARMONIA

07.00 - 20.00

**ARMONIA**  
SPA & FITNESS

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**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**.