

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 12.05.2025 / 18.05.2025

Lu | Mon

12 **12.30-13.15** PILATES with Laura

Ma | Tue

13 **14.00 – 14.45** PILATES con Nicole

Me | Wed

14 **12.30-13.15** PILATES with Laura

Gio | Thu

15 **09.30 - 10.15** YOGA con Simon

Ve | Fri

16 **14.00 – 14.45** STRONG PILATES con Nicole

Sa | Sat

17 **11.30-12.15** PILATES with Laura

Do | Sun

18

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**.