

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 19.05.2025 / 25.05.2025

Lu | Mon

19 **9.30 – 10.15** YOGA with Agata

Ma | Tue

20 **11.00-11.45** PILATES with Nicole

Me | Wed

21

Gio | Thu

22 **09.45 - 10.30** YOGA con Simon

Ve | Fri

23 **12.30-13.15** PILATES with Laura

Sa | Sat

24 **10.00-10.45** STRETCHING with Laura

Do | Sun

25

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**.