

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 26.05.2025 / 25.05.2025

Lu | Mon

26 **11.00 – 11.45** YOGA with Agata

Ma | Tue

27

Me | Wed

28 **12.30-13.15** PILATES with Laura

Gio | Thu

29 **09.30 - 10.15** YOGA con Simon

Ve | Fri

30

Sa | Sat

31 **15.00-15.45** PILATES with Laura

Do | Sun

01

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**.