

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 05.05.2025 / 11.05.2025

Lu | Mon

05

Ma | Tue

09.30 - 10.15 YOGA con Simon

06

Me | Wed

14.00-14.45 PILATES STRONG with Nicole

07

Gio | Thu

09.30 - 10.15 YOGA con Agata

08

Ve | Fri

09

Sa | Sat

12.30-13.15 PILATES with Laura

10

Do | Sun

11

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**.