

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 02.06.2025 / 08.06.2025

Lu | Mon

02

Ma | Tue

11.00-11.45 STRONG PILATES with Nicole

03

Me | Wed

09.30 - 10.15 YOGA with Agata

04

Gio | Thu

09.30 - 10.15 YOGA with Simon

05

Ve | Fri

06

Sa | Sat

07

Do | Sun

08

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**.