

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 09.06.2025 / 15.06.2025

Lu | Mon

09 **10.30 - 11.15** YOGA with Agata

Ma | Tue
10

09.00 - 09.45 YOGA with Ilaria

Me | Wed
11

Gio | Thu
12

09.30 - 10.15 YOGA with Simon

Ve | Fri
13

12.30-13.15 PILATES with Laura

Sa | Sat
14

09.45-10.30 STRETCHING with Laura

Do | Sun
15

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**.