FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 16.06.2025 / 22.06.2025

Lu | Mon
16 **09.30 - 10.15** YOGA with Agata

Ma | Tue
17

Me | Wed **10.30 - 11.15** YOGA with Agata
18

Gio | Thu
19

Ve | Fri **09.30 - 10.15** YOGA with Agata
20

Sa | Sat 17.30 **INTERNATIONAL YOGA DAY**
21 35€ Yoga and aperitif (reservation at spa desk)

Do | Sun
22

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**.