

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 23.06.2025 / 29.06.2025

Lu | Mon

23 **09.30 - 10.15** YOGA with Agata

Ma | Tue

24 **14.30 – 15.00** AQUAGYM con Nicole
(Swimming pool close to “Capannina” Restaurant)

Me | Wed

25 **10.30 - 11.15** YOGA with Agata

Gio | Thu

26 **18.00 – 18.45** PILATES con Nicole

Ve | Fri

27 **09.30 - 10.15** YOGA with Simon

Sa | Sat

28

Do | Sun

29

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**.