

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 30.06.2025 / 06.07.2025

Lu | Mon

30 **09.30 - 10.15** YOGA with Agata

Ma | Tue

01

Me | Wed

02 **10.30 - 11.15** YOGA with Agata

Gio | Thu

03 **09.30 - 10.15** YOGA with Simon

Ve | Fri

04 **14.30 – 15.00** AQUAGYM con Nicole

Sa | Sat

05

Do | Sun

06

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**.