

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 14.07.2025 / 20.07.2025

Lu Mon 14	10.30 - 11.15 YOGA with Agata 12.30 - 13.00 AQUAGYM with Nicole
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Ma Tue 15	09.00 - 09.45 YOGA with Simon
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Me Wed 16	
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Gio Thu 17	
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Ve Fri 18	09.30 – 10.15 YOGA con Ilaria 12.30 – 13.15 PILATES con Laura
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Sa Sat 19	16.00 – 16.45 PILATES con Laura
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Do Sun 20	
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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**.