

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 07.07.2025 / 13.07.2025

Lu | Mon

07

12.30 – 13.15 PILATES con Laura

Ma | Tue

08

10.30 - 11.15 YOGA with Agata

Me | Wed

09

12.30 – 13.15 PILATES con Laura

Gio | Thu

10

09.00 - 09.45 YOGA with Ilaria

Ve | Fri

11

09.00 – 9.45 YOGA con Simon

12.30 – 13.15 PILATES con Laura

Sa | Sat

12

10.00 – 10.45 STRETCHING con Laura

Do | Sun

13

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**.