

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 21.07.2025 / 27.07.2025

Lu | Mon
21

10.30 - 11.15 YOGA with Agata
12.30 – 13.15 PILATES con Laura

Ma | Tue
22

09.30 - 10.15 YOGA with Ilaria

Me | Wed
23

12.30 – 13.15 DYNAMIC STRETCHING con Laura

Gio | Thu
24

09.30 – 10.15 YOGA con Simon
14.30 – 15.00 AQUAGYM con Nicole

Ve | Fri
25

12.30 – 13.15 PILATES con Laura

Sa | Sat
26

10.00 – 10.45 STRETCHING con Laura

Do | Sun
27

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**.