

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 28.07.2025 / 03.08.2025

Lu | Mon **10.30 - 11.15** YOGA with Ilaria
28 **12.30 – 13.15** PILATES con Laura

Ma | Tue **09.00 - 09.45** YOGA with Simon
29

Me | Wed **12.30 – 13.15** DYNAMIC STRETCHING con Laura
30

Gio | Thu **09.30 – 10.15** YOGA con Simon
31

Ve | Fri
01 **14.30 – 15.00** AQUAGYM con Nicole

Sa | Sat
02

Do | Sun
03

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**.