

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 04.08.2025 / 10.08.2025

Lun | Mon 10.00 – 10.45 YOGA con Agata
04

Mar | Tue 09.00 – 09.45 YOGA con Simon
05

Mer | Wed 12.30 – 13.15 DYNAMIC STRETCHING con Laura
06

Gio | Thu 09.00 – 09.45 YOGA con Simon
07

Ven | Fri 12.30 – 13.15 PILATES con Laura
08

Sab | Sat 11.00 – 11.45 PILATES con Laura
09

Dom | Sun
10

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**.