

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 11.08.2025 / 17.08.2025

Lun | Mon 11 10.30 – 11.15 YOGA con Ilaria
12.30 – 13.15 PILATES con Laura

Mar | Tue 12 10.30 – 11.15 YOGA con Ilaria

Mer | Wed 13 10.30 – 11.15 YOGA con Ilaria
12.30 – 13.15 DYNAMIC STRETCHING con Laura

Gio | Thu 14

Ven | Fri 15

Sab | Sat 16 10.00 – 10.45 STRETCHING con Laura

Dom | Sun 17

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**.