

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 25.08.2025 / 31.08.2025

Lun | Mon 25 **11.00 – 11.45** YOGA con Agata

Mar | Tue 26 **10.30 – 11.45** YOGA con Ilaria
12.30 – 13.15 PILATES con Laura

Mer | Wed 27 **12.30 – 13.15** DYNAMIC STRETCHING con Laura
14.30 – 15.00 AQAGYM con Nicole

Gio | Thu 28 **09.30 – 10.15** YOGA con Simon
12.30 – 13.15 PILATES con Laura

Ven | Fri 29 **12.30 – 13.15** DYNAMIC STRETCHING con Laura

Sab | Sat 30 **11.00 – 11.45** STRETCHING con Laura

Dom | Sun 31

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**.