

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 08.09.2025 / 14.09.2025

Lun | Mon 08 **10.30 – 11.45** YOGA con Ilaria

Mar | Tue 09 **10.30 – 11.45** YOGA con Ilaria

Mer | Wed 10

Gio | Thu 11 **09.00 – 09.45** YOGA con Simon

Ven | Fri 12 **12.30 – 13.15** PILATES con Laura

Sab | Sat 13 **10.00 – 10.45** STRETCHING con Laura

Dom | Sun 14

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**.