

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 29.09.2025 / 05.10.2025

Lun | Mon 10.30 – 11.15 YOGA con Ilaria
29

Mar | Tue 08.45 – 09.00 YOGA con Ilaria
30

Mer | Wed
01

Gio | Thu 10.30 – 11.15 YOGA con Ilaria
02

Ven | Fri
03

Sab | Sat
04

Dom | Sun
05

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**.