

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 13.10.2025 / 12.10.2025

Lun | Mon **12.30 – 13.15** PILATES con Laura
13

Mar | Tue **10.30 – 11.15** YOGA con Ilaria
14

Mer | Wed
15

Gio | Thu **10.30 – 11.15** YOGA con Ilaria
16

Ven | Fri **08.30 – 09.15** YOGA con Simon
17 **12.30 – 13.15** PILATES con Laura

Sab | Sat **11.30 – 12.15** STRETCHING con Laura
18

Dom | Sun
19

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**.