

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 03.11.2025 / 09.11.2025

Lun | Mon

03

Mar | Tue

04

Mer | Wed **12.30 – 13.15** PILATES con Laura

05

Gio | Thu

06

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

07

Sab | Sat

08

Dom | Sun

09

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**.