

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 22.12.2025 / 26.12.2025

Lun | Mon **12.30 – 13.15** PILATES con Laura
22

Mar | Tue **12.30 – 13.15** PILATES and STRETCHING con Laura
23

Mer | Wed **10.30 – 11.15** PILATES con Laura
24

Gio | Thu
25

Ven | Fri **10.30 – 11.15** STRETCHING con Laura
26

Sab | Sat
27

Dom | Sun
02

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**.