

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 29.12.2025 / 06.01.2026

Lun | Mon

29 12.30 – 13.15 PILATES con Laura

Mar | Tue

30

Mer | Wed

31

Gio | Thu

01

Ven | Fri 10.30 – 11.15 STRETCHING con Laura

02

Sab | Sat 10.30 – 11.15 PILATES con Laura

03

Dom | Sun

04

Lun | Mon 10.30 – 11.15 PILATES con Laura

05

Mar | Tue 12.30 – 13.15 STRETCHING con Laura

06

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**.