

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 13.04.2026 / 19.04.2026

Lun | Mon **11.00 – 11.45** VINYASA YOGA – functional - con Agata
13

Mar | Tue **17.00 -17.45** STRETCHING AND MOBILITY with Laura
14

Mer | Wed **12.30 – 13.15** PILATES MATWORK with Laura
15

Gio | Thu **09.00 – 09.45** BREATHWORK AND MEDITATION – con Agata
16

Ven | Fri **12.30 – 13.15** GENTLE PILATES with Laura
17

Sab | Sat
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.

Per informazioni sui costi e prenotazioni, rivolgersi alla reception SPA.

Upon request, we organise 1-hour sessions with a dedicated **personal trainer**.

Pricing and booking available at the SPA reception