

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 27.04.2026 / 03.05.2026

Lun | Mon **11.30 – 12.15** FUNCTIONAL VINYASA YOGA with Agata
27

Mar | Tue **16.00 -16.45** SOFT PILATES MATWORK with Laura
28

Mer | Wed **11.00 – 11.45** BREATHWORK AND MEDITATION with Agata
29

Gio | Thu **16.00 – 16.45** DYNAMIC STRETCHING with Laura
30

Ven | Fri **12.00 – 12.45** PILATES with Laura
01

Sab | Sat **12.30 – 13.15** PILATES with Laura
02

Dom | Sun
03

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