

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 01.06.2026 / 07.06.2026

Lun | Mon **14.00 – 14.45** PILATES MATWORK with Laura
01

Mar | Tue **09.00 -09.45** YOGA VINYASA FLOW with Ilaria
02 **11.00 -11.45** PILATES & STRETCHING with Laura

Mer | Wed **09.30 -10.15** MORNING STRETCH with Laura
03

Gio | Thu **09.45 -10.30** YOGA VINYASA FLOW with Ilaria
04

Ven | Fri **09.30 -10.15** MORNING STRETCH with Laura
05

Sab | Sat
06

Dom | Sun
07

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*