

# FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

**FITNESS PROGRAM 04.05.2026 / 10.05.2026**

Lun | Mon **11.30 – 12.15** FUNCTIONAL VINYASA YOGA with Agata  
04

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Mar | Tue **09.30 -10.15** YOGA VINYASA FLOW with Ilaria  
**16.00 – 16.45** GENTLE PILATES with Laura

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Mer | Wed  
06

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Gio | Thu **09.15 – 10.00** BREATHWORK AND MEDITATION with Agata  
07

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Ven | Fri **08.30 – 09.15** MORNING AWAKENING with Laura  
08

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Sab | Sat **11.15 – 12.00** PILATES MATWORK with Laura  
09

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Dom | Sun  
10

Fitness Center ARMONIA

07.00 - 20.00

**ARMONIA**  
SPA & FITNESS

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**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*