

# FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

**FITNESS PROGRAM 11.05.2026 / 17.05.2026**

Lun | Mon **09.30 – 10.15** GENTLE PILATES with Laura  
11

---

Mar | Tue **09.30 -10.15** YOGA VINYASA FLOW with Ilaria  
12 **17.00 – 17.45** STRETCHING AND PILATES with Laura

---

Mer | Wed **11.30 -12.15** BREATHWORK & MEDITATION con Agata  
13

---

Gio | Thu  
14

---

Ven | Fri  
15

---

Sab | Sat  
16

---

Dom | Sun  
17

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*