

# FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

**FITNESS PROGRAM 18.05.2026 / 24.05.2026**

Lun | Mon **11.30 – 12.15** YOGA VINYASA FUNCTIONAL with Agata  
18

---

Mar | Tue **09.30 -10.15** YOGA VINYASA FLOW with Ilaria  
19

---

Mer | Wed **10.30 -11.15** YOGA SLOW with Agata  
20

---

Gio | Thu **09.00 -09.45** BREATHWORK & MEDITATION con Agata  
21

---

Ven | Fri  
22

---

Sab | Sat  
23

---

Dom | Sun  
24

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*