

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 25.05.2026 / 31.05.2026

Lun | Mon **11.30 – 12.15** YOGA VINYASA FUNCTIONAL with Agata
25

Mar | Tue **08.00 -08.45** YOGA VINYASA FLOW with Ilaria
26

Mer | Wed
27

Gio | Thu **09.00 -09.45** BREATHWORK & MEDITATION con Agata
28 **17.00 – 17.45** STRETCHING con Laura

Ven | Fri **9.30 – 10.45** MORNING AWAKENING con Laura
29

Sab | Sat **11.00 – 11.45** PILATES MATWORK con Laura
30

Dom | Sun
31

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*