

# FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

**FITNESS PROGRAM 29.06.2026 / 05.07.2026**

Lun | Mon **10.00 – 10.45** VINYASA YOGA with Agata  
29

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Mar | Tue **11.00 – 11.45** BREATHWORK & MEDITATION with Agata  
30 **12.30 – 13.15** PILATES & STRETCHING with Laura

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Mer | Wed  
1

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Gio | Thu **09.45 – 10.15** VINYASA YOGA with Agata  
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Ven | Fri **9.30 – 10.15** STRETCHING with Laura  
3

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Sab | Sat **08.30 - 09.15** MORNING STRETCHING with Laura  
4

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Dom | Sun  
5

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*