

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 15.06.2026 / 20.06.2026

Lun | Mon 10.00 – 10.45 BREATHWORK & MEDITATION with Agata
15

Mar | Tue 9.30 – 10.15 YOGA VINYASA FLOW with Ilaria
16 17.00 – 17.45 PILATES MATWORK with Laura

Mer | Wed
17

Gio | Thu 17.00 – 17.45 PILATES MATWORK with Laura
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Ven | Fri 9.30 – 10.15 YOGA VINYASA FLOW with Ilaria
19

Sab | Sat 9.00 INTERNATION YOGA DAY: YOGA WITH
20 SIMON & BRUNCH € (reservation to Armonia Spa)
15.00 – 15.45 PILATES MATWORK with Laura

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*