

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 08.06.2026 / 14.06.2026

Lun | Mon **08.00 – 08.45** PILATES MATWORK with Laura
08 **11.30 – 12.15** FUNCTIONAL VINYASA YOGA con Agata

Mar | Tue **08.30 -09.15** YOGA VINYASA FLOW with Ilaria
09

Mer | Wed
10

Gio | Thu **09.45 -10.30** BREATHWORK & MEDITATION with Agata
11 **17.00 – 17.45** STRETCHING with Laura

Ven | Fri **08.00 - 08.45** MORNING STRETCH with Laura
12

Sab | Sat
13

Dom | Sun
14

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*