

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 03.08.2026 / 09.08.2026

Lun | Mon **11.15 – 12.00** BREATHWORK & MEDITATION with Agata
03

Mar | Tue **09.30 – 10.15** VINYASA YOGA FLOW with Ilaria
04 **16.45 - 17.30** DYNAMIC STRETCHING with Laura

Mer | Wed **8.00 – 8.45** PILATES MATWORK with Laura
05

Gio | Thu **09.30 – 10.15** VINYASA YOGA FLOW with Ilaria
06 **16.45 - 17.30** DYNAMIC STRETCHING with Laura

Ven | Fri
07

Sab | Sat **08.00 – 08.45** PILATES MATWORK with Laura
08

Dom | Sun
09

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*