

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 17.08.2026 / 23.08.2026

Lun | Mon 11.15 – 12.00 BREATHWORK & MEDITATION with Agata
17 12.30 – 13.15 STRETCHING with Laura

Mar | Tue 9.30 – 10.15 VINYASA YOGA FLOW with Ilaria
18 16.45 - 17.30 GENTLE PILATES with Laura

Mer | Wed 12.30 – 13.15 STRETCHING with Laura
19

Gio | Thu 09.30 – 10.15 VINYASA YOGA FLOW with Ilaria
20 16.45 - 17.30 GENTLE PILATES with Laura

Ven | Fri 12.30 – 13.15 STRETCHING with Laura
21

Sab | Sat 08.00 – 08.45 MORNING STRETCH with Laura
22

Dom | Sun
23

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*