

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 24.08.2026 / 30.08.2026

Lun | Mon 24 **10.00 – 10.45** BREATHWORK & MEDITATION with Agata
12.30 – 13.15 STRETCHING with Laura

Mar | Tue 25 **9.30 – 10.15** VINYASA YOGA FLOW with Ilaria
16.45 - 17.30 GENTLE PILATES with Laura

Mer | Wed 26 **08.00 – 08.45** MORNING STRETC with Laura

Gio | Thu 27 **09.30 – 10.15** VINYASA YOGA FLOW with Ilaria
16.45 - 17.30 GENTLE PILATES with Laura

Ven | Fri 28 **12.30 – 13.15** STRETCHING with Laura

Sab | Sat 29 **08.00 – 08.45** MORNING STRETCH with Laura

Dom | Sun 30

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*