

FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 14.09.2026 / 20.09.2026

Lun | Mon **11.15 – 12.00** BREATHWORK & MEDITATION with Agata
14

Mar | Tue
15

Mer | Wed **8.00 – 08.45** MORNING STRETCH with Laura
16 **12.00 – 12.45** VINYASA YOGA FLOW with Agata

Gio | Thu **09.30 – 10.15** VINYASA YOGA FLOW with Agata
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Ven | Fri **08.00 – 08.45** MORNING STRETCH with Laura
18

Sab | Sat
19

Dom | Sun
20

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*