FITNESS, WELLNESS & MORE

Our activities are free! Come and enjoy them!

FITNESS PROGRAM 05.10.2026 / 11.10.2026

Lun | Mon 05	
Mar | Tue 06	**09.30 – 10.15** VINYASA YOGA FLOW with Ilaria **12.15 – 13.00** STRETCHING with Laura
Mer | Wed 07	
Gio | Thu 08	**09.30 – 10.15** VINYASA YOGA FLOW with Ilaria **12.15 – 13.00** STRETCHING with Laura
Ven | Fri 09	
Sab | Sat 10	
Dom | Sun 11	

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