



## GYM A

Activities	Teacher	Monday	Tuesday	Wednesday	Thursday	Friday
<a href="#">Functional Training</a>	Mancini	12:00-13:00				
<a href="#">Full Body Fit</a>	Javed	13:00-14:00				
<a href="#">Lotte Berk</a>	Bannan		12:00-13:00		12.00-13.00	
<a href="#">Gym Boxe / Prepuilistics</a>	Kerfa	17:00-18:00				
<a href="#">Traditional Yoga</a>	Maramici		17:15-18:15			
<a href="#">Gym Music</a>	Bartolucci			13:00 -14:00		13:00 – 14:00
<a href="#">Vinyasa Yoga Flow</a>	Nizza		13:00-14:00		13:00-14:00	
<a href="#">Pilates</a>	Silvestrini				17:00-18:00	
<a href="#">Dancercise Zumba</a>	H.Garces					12:00 – 13:00
<a href="#">Viniyoga</a>	Labella				08:00-09:00	
<a href="#">Soft Gymnastics (for retirees)</a>	Bartolucci			10:30-11:30		10:30-11:30

## GYM B

Activities	Teacher	Monday	Tuesday	Wednesday	Thursday	Friday
<a href="#">Fitness and Muscle Toning</a>	Angelucci	12:00-13:00		12:00-13:00		
<a href="#">Dancercise Zumba</a>	H.Garces		13:00-14:00			
<a href="#">Feldenkrais</a>	Habib		12:00-13:00		12:00-13:00	
<a href="#">Modern Dance</a>	Rubino	13:00-14:00		13:00-14:00		
<a href="#">Ashtanga Yoga</a>	Minot	17:45 -19:00		17:45 -19:00		
<a href="#">Floorwork</a>	Persio					13:00 – 14:00
<a href="#">Postural training</a>	Mancini				13:00-14:00	
<a href="#">Tai Chi</a>	Wu Min Yi					12:00 – 13:00
<a href="#">Pilates</a>	Silvestrini		17:00-18:00			



## GYM C

Activities	Teacher	Monday	Tuesday	Wednesday	Thursday	Friday
<a href="#">Floorwork</a>	<i>Persio</i>	12:00-13:00				
<a href="#">Postural training</a>	<i>Mancini</i>	13:00-14:00				
<a href="#">Functional Training</a>	<i>Mancini</i>				12:00-13:00	
<a href="#">Full Body Fit</a>	<i>Javed</i>			13:00-14:00		
<a href="#">Gym Boxe / Prepugilistics</a>	<i>Kerfa</i>				17:00-18:00	
<a href="#">Pilates + Lbt (Gag)</a>	<i>Pisano</i>		13:00-14:00		13:00-14:00	
<a href="#">Shaolin Kung Fu</a>	<i>Kaplan</i>		12:00-13:00			
<a href="#">Broadway Jazz Dance</a>	<i>Di Donato</i>			12:00-13:00		

<a href="#">Table Tennis</a>	<i>N/A</i>	17:00-19:00	17:00-19:00	17:00-19:00		12:00-14:00 17:00-19:00
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***N.B.: Participants must be Coop Members  
and provide a valid Medical Certificate***

*Gym rooms may be subject to rotation on exceptional basis*

**RESERVATION FOR TRIAL LESSONS REQUIRED**

**Info and Booking: FAO Staff Coop – Room E016**

**0657053142 – [fao-staff-coop@fao.org](mailto:fao-staff-coop@fao.org) / [www.faostaffcoop.org](http://www.faostaffcoop.org)**

Kindly note that FAO Staff Coop is in no way responsible for services provided by third parties, who respond directly to clients.