



GYM A

N.B.: Participants must be Coop Members and provide a valid Medical Certificate

Activities	Teacher	Monday	Tuesday	Wednesday	Thursday	Friday
Functional Training	Mancini	12:00-13:00				
Full Body Fit	Javed	13:00-14:00				
Lotte Berk	Bannan		12:00-13:00		12:00-13:00	
Pilates	Silvestrini	17:00-19:00		17:00-18:00		
Vinyasa Yoga Flow	Nizza		13:00 -14:00		13:00-14:00	
Traditional Yoga	Maramici		17:15-18:15			
Gym Music	Bartolucci			13:00 -14:00		13:00-14:00
Gym Boxe / Prepugilistics	Kerfa				17:00-18:00	
Viniyoga	Labella		08:00-09:00			
Pilates (for retired staff and spouses)	Rahman			10:00 -11:30		

GYM B

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Activities	Teacher	Monday	Tuesday	Wednesday	Thursday	Friday
Fitness and Muscle Toning	Angelucci	12:00-13:00		12:00-13:00		
Dancercise Zumba	Garces		13:00-14:00		17:00-18:00	
Feldenkrais	Habib		12:00-13:00		12:00-13:00	
Modern Dance	Rubino	13:00-14:00		13:00-14:00		
Postural training	Mancini				13:00-14:00	
Ashtanga Yoga	Minot	17:45 -19:00		17:45 -19:00		
Floorwork	Persio					13:00-14:00
Lbt (Gag) - Legs, Bums and Tums			17:00-18:00			



GYM C

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Activities	Teacher	Monday	Tuesday	Wednesday	Thursday	Friday
Functional Training	Mancini				12:00-13:00	
Total Body (bodyweight)	Rahman	12:00-13:00		12:00-13:00		
Gym Boxe / Pre-pugilistics	Kerfa	17:00-18:00				
Lbt (Gag) - Legs, Bums and Tums	Pisano					13:00-14:00
Tai Chi	Wu				13:00-14:00	
Postural Training	Mancini	13:00-14:00				
Full Body Fit	Javed			13:00-14:00		
Table Tennis	N/A	18:00 – 19:00	12:00-14:00 17:00-19:00	17:00-19:00	17:00-19:00	17:00-19:00

Gym rooms may be subject to rotation.

**Info and Booking: FAO Staff Coop – Room E016
0657053142 – fao-staff-coop@fao.org / 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.