



GYM A

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	
Gym Boxe / Prepuilistics	Kerfa	17:00-18:00		17:00-18:00		
Traditional Yoga	Maramici		17:15-18:15			
Gym Music	Bartolucci			13:00 -14:00		13:00 – 14:00
Vinyasa Yoga Flow	Nizza		13:00-14:00		13:00-14:00	
Pilates	Silvestrini				17:00-18:00	
Dancercise Zumba	H.Garces					12:00 – 13:00
Viniyoga	Labella				08:00-09:00	
Soft Gymnastics (for retirees)	Bartolucci			10:30-11:30		10:30-11:30

GYM B

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



GYM C

Activities	Teacher	Monday	Tuesday	Wednesday	Thursday	Friday
Floorwork	<i>Persio</i>	12:00-13:00				
Postural training	<i>Mancini</i>	13:00-14:00				
Functional Training	<i>Mancini</i>				12:00-13:00	
Full Body Fit	<i>Javed</i>			13:00-14:00		
Gym Boxe / Prepugilistics	<i>Kerfa</i>				17:00-18:00	
Pilates + Lbt (Gag)	<i>Pisano</i>		13:00-14:00		13:00-14:00	
Shaolin Kung Fu	<i>Kaplan</i>		12:00-13:00			
Broadway Jazz Dance	<i>Di Donato</i>			12:00-13:00		
Table Tennis	<i>N/A</i>		17:00-19:00	17:00-19:00		12:00-14:00 17:00-19:00

***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 / 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.