



GYM A

Activities	Instructor	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Viniyoga</u>	P. Labella				08:00-09:00	
<u>Functional Training</u>	M. Mancini	12:00-13:00			12:00-13:00	
<u>Lotte Berk Method</u>	T.Bannan		12:00-13:00			12:00-13:00
<u>Postural Training</u>	M. Mancini	13:00-14:00			13:00-14:00	
<u>Gym Boxe Prepugilistics</u>	J. Kerfa	17:00-18:00				
<u>Vinyasa Yoga Flow</u>	J.C. Nizza		13:00-14:00			
<u>Traditional Yoga</u>	C. Maramici		17:15-18:30			
<u>Soft Gymnastics (for Retirees)</u>	G. Bartolucci			10:30-11:30		10:30-11:30
<u>Full Body Fit</u>	U. Javed			13:00-14:00		
<u>Pilates</u>	C. Pasculli				17:15-18:15	
<u>Gym Music</u>	G. Bartolucci					13:00-14:00
<u>Argentine Tango</u>	A. Mazzetti I. Ramirez S. Torres			17:15-18:30		



GYM C

Activities	Instructor	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Floorwork</u>	M.Persio	12:00-13:00			13:00-14:00	
<u>Full Body Fit</u>	U. Javed	13:00-14:00	12:00-13:00			
<u>Shaolin Kung Fu (Martial Arts)</u>	D. Kaplan				12:00-13:00 <i>(only once a month)</i>	
<u>Broadway Jazz Dance</u>	C. Di Donato			12:00-13:00		
<u>Gym Music</u>	G. Bartolucci			13:00-14:00		
<u>Gym Boxe Prepugilistics</u>	J. Kerfa				17:00-18:00	
<u>Table Tennis Group</u>	N/A	18:00-19:00	17:00-19:00	17:00-19:00		12:00-13:00 17:00-19:00



GYM B

Activities	Instructor	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Fitness & Muscle Toning</u>	M. Angelucci	12:00-13:00		12:00-13:00		
<u>Feldenkrais Method</u>	I. Habib		12:00-13:00		12:00-13:00	
<u>Zumba</u>			13:00-14:00		13:00-14:00	
<u>Tai-Chi</u>	P. Wu Min Yi					12:00-13:00
<u>Floorwork</u>	M. Persio					13:00-14:00
<u>Pizzica Dance</u>	M. Carlucci			17:15-18:30		
<u>Full Body Fit</u>					17:15-18:15	
<u>Pilates</u>			17:5-18:15			

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

FOR BOOKING A TRIAL CLASS:

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.