



Gym Schedule
Effective from 12 June 2025

GYM A

Activities	Instructor	Monday	Tuesday	Wednesday	Thursday	Friday
Viniyoga	P. Labella				08:00-09:00	
Functional Training	M. Mancini	12:00-13:00				
Lotte Berk Method	T.Bannan		12:00-13:00		12:00-13:00	
Postural Training	M. Mancini	13:00-14:00			13:00-14:00*	
Gym Boxe Prepugilistics	J. Kerfa	17:00-18:00				
Vinyasa Yoga Flow	J.C. Nizza		13:00-14:00		13:00-14:00*	
Traditional Yoga	C. Maramici		17:15-18:15			
Soft Gymnastics (for Retirees)	G. Bartolucci			10:30-11:30		10:30-11:30
Full Body Fit	U. Javed			13:00-14:00		
Pilates	F.Silvestrini				17:00-18:00	
Dancercise Zumba	V.H. Garces					12:00-13:00
Gym Music	G. Bartolucci					13:00-14:00

**Only on Thursdays, Postural Training and Vinyasa Yoga Flow will rotate from Gym A to Gym C on monthly basis*



GYM C

Activities	Instructor	Monday	Tuesday	Wednesday	Thursday	Friday
Floorwork	M.Persio	12:00-13:00				
Full Body Fit	U. Javed	13:00-14:00				
Shaolin Kung Fu (Martial Arts)	D. Kaplan		12:00-13:00			
Functional Training	M. Mancini				12:00-13:00	
Postural Training	M. Mancini				13:00-14:00*	
Vinyasa Yoga Flow	J.C. Nizza				13:00-14:00*	
Sweat-Tone-Stretch	A. R. Sob		13:00-14:00			
Broadway Jazz Dance	C. Di Donato			12:00-13:00		
Gym Music	G. Bartolucci			13:00-14:00		
Gym Boxe Prepugilistics	J. Kerfa				17:00-18:00	
Table Tennis Group	N/A	17:00-19:00	17:00-19:00	17:00-19:00		12:00-14:00 17:00-19:00

**Only on Thursdays, Postural Training and Vinyasa Yoga Flow will rotate from Gym A to Gym C on monthly basis*



Gym Schedule
Effective from 12 June 2025

GYM B

Activities	Instructor	Monday	Tuesday	Wednesday	Thursday	Friday
Fitness & Muscle Toning	M. Angelucci	12:00-13:00		12:00-13:00		
Feldenkrais Method	I. Habib		12:00-13:00		12:00-13:00	
Dancercise Zumba	V.H. Garces		13:00-14:00			
Modern Dance	A. Rubino	13:00-14:00		13:00-14:00		
Sweat-Tone-Stretch	A.R. Sob				13:00-14:00	
Pilates	F. Silvestrini		17:00-18:00			
Tai-Chi	P. Wu Min Yi					12:00-13:00
Floorwork	M. Persio					13:00-14:00
Ashtanga Yoga	G. Minot	17:15-18:30		17:15-18:30		
Pilates+ LBT(GAG)					17:00-18:00	

**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.