



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 | | | 12:00 - 13:00 | |
| <u>Full Body Fit</u> | U. Javed | 13:00-14:00 | 12:00-13:00 | | | |
| <u>Shaolin Kung Fu (Martial Arts)</u> | D. Kaplan | | | | 13:00 - 14:00 | |
| <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.