

Gym Schedule
October 2026

# GYM A

| Activities | Instructor | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|---|
| Viniyoga | P. Labella | | | | 08:00-09:00 | |
| Functional Training | M. Mancini | 12:00-13:00 | | | 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 | | | |
| Traditional Yoga | C. Maramici | | 17:15-18:30 | | | |
| Soft Gymnastics (for Retirees) | G. Bartolucci | | | 10:30-11:30 | | 10:30-11:30 |
| Full Body Fit | U. Javed | | | 13:00-14:00 | | |
| Pilates | C. Pasculli | | | | 17:15-18:15 | |
| Gym Tonic | G. Bartolucci | | | | | 13:00-14:00 |
| Argentine Tango | A. Mazzetti | | | 17:15-18:30 | | |



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# GYM C

| Activities | Instructor | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|---|
| Floorwork | M.Persio | **12:00-13:00** | | | **12:00 - 13:00** | |
| Full Body Fit | U. Javed | **13:00-14:00** | **17:15-18:15** | | | |
| Shaolin Kung Fu (Martial Arts) Workshop | D. Kaplan | | | | **13:00 - 14:00** *(only last week of each month)* | |
| Gym Tonic | G. Bartolucci | | | **13:00-14:00** | | |
| Gym Boxe Prepugilistics | J. Kerfa | | | | **17:00-18:00** | |
| Table Tennis Group | N/A | **17:00-19:00** | | **12:00-13:00**<br>**17:00-19:00** | **12:00-13:0** *(only the first three weeks of each month)* | **12:00-14:00**<br>**17:00-19:00** |
| Salsa & Bachata Group (intermediate) | N/A | | **12:00-13:00** | | | |



Gym Schedule
October 2026

# 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 | |
| Zumba | V.H. Garces | | 13:00-14:00 | | 13:00-14:00 | |
| Tai-Chi | P. Wu Min Yi | | | | | 12:00-13:00 |
| Floorwork | M. Persio | | | 13:00-14:00 | | |
| Pizzica Dance | M. Carlucci | | | 17:15-18:30 | | |
| Heels Dance | C. Di Donato | 13:00 - 14:00 | | | | |
| Full Body Fit | U. Javed | | | | 17:15-18:15 | |
| Salsa & Bachata Group (beginners) | N/A | 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.*