



Gym Schedule
September 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			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 Music	G. Bartolucci					13:00-14:00



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			
Sweat-Tone-Stretch	A. Rich Sob		13:00-14:00			
Broadway Jazz Dance	C. Di Donato			12:00-13:00		
Zumba	V.H.Garces				13:00-14:00	
Gym Music	G. Bartolucci			13:00-14:00		
Gym Boxe Prepugilistics	J. Kerfa				17:00-18:00	
Table Tennis Group	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>Modern Dance</u>	A. Rubino	13:00-14:00		13:00-14:00		
<u>Zumba</u>			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>Sweat-Tone-Stretch</u>	A. Rich Sob				13:00-14:00	

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.