



## GYM A

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

Activities	Teacher	Monday	Tuesday	Wednesday	Thursday	Friday
<a href="#">Functional Training</a>	Mancini	12:00-13:00				
<a href="#">Full Body Fit</a>	Javed	13:00-14:00				
<a href="#">Lotte Berk</a>	Bannan		12:00-13:00		12:00-13:00	
<a href="#">Pilates</a>	Silvestrini	17:00-19:00		17:00-18:00		
<a href="#">Vinyasa Yoga Flow</a>	Nizza		13:00 -14:00			
<a href="#">Traditional Yoga</a>	Maramici		17:15-18:15			
<a href="#">Gym Music</a>	Bartolucci			13:00 -14:00		13:00-14:00
<a href="#">Postural Training</a>	Mancini				13:00- 14:00	
<a href="#">Gym Boxe / Prepugilistics</a>	Kerfa				17:00-18:00	
<a href="#">Viniyoga</a>	Labella		08:00-09:00			
<a href="#">Pilates (for retired staff and spouses)</a>	Rahman			10:00 -11:30		
<a href="#">Postural training</a>	Mancini				13:00-14:00	

## GYM B

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

Activities	Teacher	Monday	Tuesday	Wednesday	Thursday	Friday
<a href="#">Fitness and Muscle Toning</a>	Angelucci	12:00-13:00		12:00-13:00		
<a href="#">Dancercise Zumba</a>	Garces		13:00-14:00		17:00-18:00	
<a href="#">Feldenkrais</a>	Habib		12:00-13:00		12:00-13:00	
<a href="#">Modern Dance</a>	Rubino	13:00-14:00		13:00-14:00		
<a href="#">Tai Chi</a>	Wu				13:00-14:00	
<a href="#">Ashtanga Yoga</a>	Minot	17:45 -19:00		17:45 -19:00		
<a href="#">Floorwork</a>	Persio					13:00-14:00
<a href="#">Lbt (Gag) - Legs, Bums and Tums</a>			17:00-18:00			



## GYM C

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

Activities	Teacher	Monday	Tuesday	Wednesday	Thursday	Friday
<a href="#">Functional Training</a>	<i>Mancini</i>				12:00-13:00	
<a href="#">Total Body (bodyweight)</a>	<i>Rahman</i>	12:00-13:00		12:00-13:00		
<a href="#">Gym Boxe / Prepujilistics</a>	<i>Kerfa</i>	17:00-18:00				
<a href="#">Lbt (Gag) - Legs, Bums and Tums</a>	<i>Pisano</i>					13:00-14:00
<a href="#">Postural training</a>	<i>Mancini</i>	13:00-14:00				
<a href="#">Vinyasa Yoga Flow</a>	<i>Nizza</i>				13:00-14:00	
<a href="#">Full Body Fit</a>	<i>Javed</i>			13:00-14:00		
<a href="#">Table Tennis</a>	<i>N/A</i>		17:00-19:00	17:00-19:00	17:00-19:00	17:00-19:00

**Gym rooms may be subject to rotation.**

**Info and Booking: 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.