



GYM A

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

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

GYM B

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Activities	Teacher	Monday	Tuesday	Wednesday	Thursday	Friday
Fitness and Muscle Toning	Angelucci	12:00-13:00		12:00-13:00		
Dancercise Zumba	Garces		13:00-14:00		17:00-18:00	
Feldenkrais	Habib		12:00-13:00		12:00-13:00	
Modern Dance	Rubino	13:00-14:00		13:00-14:00		
Tai Chi	Wu		17:00-18:00			
Vinyasa Yoga Flow	Nizza				13:00-14:00	
Ashtanga Yoga	Minot	17:45 -19:00		17:45 -19:00		
Floorwork	Persio					13:00-14:00



GYM C

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Activities	Teacher	Monday	Tuesday	Wednesday	Thursday	Friday
Full Body Fit	<i>Javed</i>	13:00-14:00				
Functional Training	<i>Mancini</i>				12:00-13:00	
Total Body (bodyweight)	<i>Rahman</i>	12:00-13:00		12:00-13:00		
Gym Boxe / Prepuilistics	<i>Kerfa</i>	17:00-18:00				
Lbt (Gag) - Legs, Bums and Tums	<i>Pisano</i>					13:00-14:00
Tai Chi	<i>Wu</i>				13:00-14:00	
Table Tennis	<i>N/A</i>		17:00-19:00	17:00-19:00	17:00-19:00	17:00-19:00

Please note that some of the activities at lunchtime are subject to room 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.