

# Vicenza Fitness Center

## The Best in Europe







Ederle Fitness Center

# HOURS OF OPERATION

Monday 5:30 a.m. – 8:30 p.m.

Tuesday 5:30 a.m. – 8:30 p.m.

Wednesday 5:30 a.m. – 8:30 p.m.

Thursday 5:30 a.m. – 8:30 p.m.

Friday 5:30 a.m. – 8:30 p.m.

Saturday 9 a.m. – 5 p.m.

Sunday 10 a.m. – 5 p.m.

Training Holidays 7 a.m. – 7 p.m.

U.S. Holidays Not Staffed



# November Mondays



# GROUP EXERCISE SCHEDULE

- 0630-0730**     **Brick City Spin w/ DaChef (GF2 Spin Room)**
- 1000-1100**     **Zumba with Charmaine (GF1)**
- 1205-1300**     **Cardio Strength w/Alessandra (GF1) No class on Nov 10th**
- 1200-1300**     **Hybrid Training w/ Ambra (Canopy) Only on Nov 24th**
- 1800-1900**     **Zumba with Sara \*\*FREE\*\* (GF1) No class Nov 10th and 26th**
- 1800-1900**     **Karate w/ Matthew (Combatives Room) No class on the 14th and 28th**

**For the Pilates schedule scan the QR code**



## November Tuesdays

# GROUP EXERCISE SCHEDULE

0915-1015 S.L.A.M.

1100-1145 \*FREE\* Fit Yoga w/ Raluca (GF1) No class Nov 4th

1200-1300 Power Pump w/Kaitlyn (Canopy or GF1)

1200-1300 Hybrid Training w/ Ambra Only on Nov 18th

1200-1300 Kettlebell with Isabella (GF1) No class on Nov 11th and 27th

1730-1830 Zumba with Michelle (GF1) No class Nov 11th, 20th and 27th

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**November Wednesdays**



# **GROUP EXERCISE**

## S C H E D U L E

**0915-1015 S.L.A.M.**

**1000-1100 Zumba with Charmaine (GF1)**

**1130-1230 Brick City Spin w/ DaChef (GF2 Spin Room)**

**1205-1300 Cardio Strength w/ Alessandra (GF1)**

**1700-1800 Align and Flow Yoga w/ Regan (GF1)**

**1800-1900 FREE Zumba with Sara (GF1)** No class Nov 10th and 26<sup>th</sup>

**1800-1900 Hybrid Training w/ Ambra (Canopy)** Only on Nov 19th and 26<sup>th</sup>

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## November Thursdays



# GROUP EXERCISE SCHEDULE

- |           |                                                                       |
|-----------|-----------------------------------------------------------------------|
| 0915-1015 | S.L.A.M. (Basketball Court/Track)                                     |
| 1200-1300 | Power Pump w/Kaitlyn (Canopy or GF1)                                  |
| 1200-1300 | Hybrid Training w/ Ambra                                              |
| 1200-1300 | Kettlebell Training with Isabella (GF1) No class on Nov 11th and 27th |
| 1730-1830 | Zumba with Michelle (GF1) No Class Nov 11th, 20th and 27th            |
| 1800-1900 | Hybrid Training w/ Ambra Class                                        |
| 1830-1945 | HipHop Step Aerobics with DaChef (GF1) No class Nov 27th              |

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## November Fridays



# GROUP EXERCISE SCHEDULE

**0915-1015** S.L.A.M. (Basketball Court/Track)

**1000-1100** Zumba with Charmaine (GF1)

**1200-1300** Hybrid Training w/ Ambra (Canopy) **Only on Nov 28th**

**1205-1300** Flex and Flow with Alessandra (GF1) **No class Nov 10th**

**1800-1900** Karate w/ Matthew (Combatives Room) **No class on the 14th and 28th**

**1800-1900** Hybrid Training w/Ambra (Canopy)

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November Saturdays



# GROUP EXERCISE

## SCHEDULE

0830-0945

HipHop Step Aerobics w/ DaChef (GF1)

1000-1100

Hybrid Training w/ Ambra (Canopy area) **Only on Nov 22nd**





November Sundays



# GROUP EXERCISE

## SCHEDULE

1000-1100 Hybrid Training w/ Ambra CANOPY AREA

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# pilates

ON POST

## November

| Monday                                                                                    | Tuesday                                                                                                                                                                        | Wednesday                                                                                                                 | Thursday                                                                                                                     | Friday                                                                                                                               |
|-------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| <b>3</b><br>7:00: Studio w/ Lizzie<br>16:30: Studio w/ Lizzie<br>17:30: Studio w/ Lizzie  | <b>4</b><br>9:00 Reformer w/ Adi<br>10:00 Reformer w/ Adi<br>11:00 Reformer w/ Adi<br>16:00 Reformer w/ Adi<br>17:15 Mat (large group) w/ Alessandra                           | <b>5</b><br>7:00: Reformer w/ Lizzie<br>9:00: Studio w/ Lizzie<br>16:30: Reformer w/ Lizzie<br>17:30: Reformer w/ Lizzie  | <b>6</b><br>17:15 Mat (large group) w/ Alessandra                                                                            | <b>Guest Teacher: Angelie Melzer</b><br><b>7</b>  |
| <b>10</b><br>No Classes                                                                   | <b>11</b><br>17:15 Mat (large group) w/ Alessandra                                                                                                                             | <b>12</b><br>7:00: Reformer w/ Lizzie<br>9:00: Studio w/ Lizzie<br>16:30: Reformer w/ Lizzie<br>17:30: Reformer w/ Lizzie | <b>13</b><br>9:00 Reformer w/ Adi<br>10:00 Reformer w/ Adi<br>11:00 Reformer w/ Adi<br>17:15 Mat (large group) w/ Alessandra | <b>14</b><br>9:00 Reformer w/ Adi<br>10:00 Reformer w/ Adi<br>11:00 Reformer w/ Adi                                                  |
| <b>17</b><br>7:00: Studio w/ Lizzie<br>16:30: Studio w/ Lizzie<br>17:30: Studio w/ Lizzie | <b>18</b><br>9:00 Reformer w/ Adi<br>10:00 Reformer w/ Adi<br>11:00 Reformer w/ Adi<br>15:00 Reformer w/ Adi<br>16:00 Reformer w/ Adi<br>17:15 Mat (large group) w/ Alessandra | <b>19</b><br>7:00: Reformer w/ Lizzie<br>9:00: Studio w/ Lizzie<br>16:30: Reformer w/ Lizzie<br>17:30: Reformer w/ Lizzie | <b>20</b><br>9:00 Reformer w/ Adi<br>10:00 Reformer w/ Adi<br>11:00 Reformer w/ Adi<br>17:15 Mat (large group) w/ Alessandra | <b>21</b><br>9:00 Reformer w/ Adi<br>10:00 Reformer w/ Adi<br>11:00 Reformer w/ Adi                                                  |
| <b>24</b><br>No Classes                                                                   | <b>25</b><br>9:00 Reformer w/ Adi<br>10:00 Reformer w/ Adi<br>11:00 Reformer w/ Adi<br>15:00 Reformer w/ Adi<br>16:00 Reformer w/ Adi<br>17:15 Mat (large group) w/ Alessandra | <b>26</b><br>No Classes                                                                                                   | <b>27</b><br> <b>No Classes</b>         | <b>28</b><br>No Classes                                                                                                              |

**Pilates on Post  
Whatsapp group:**



**For scheduling:**



**Any questions:**  
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