

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	<u>24/7-UNSTAFFED</u>

Training Holidays	7 a.m. – 7 p.m.
U.S. Holidays	Not Staffed

February 2nd-7th



Pilates Exercise Schedule

Sunday Feb 1	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7
8 AM			+1			
For the Pilates schedule scan the QR code: 		0900 Reformer w/ Adi	0900 Morning Studio w/ Lizzie	0900 Mat Pilates Class w/ Martina	0900 Reformer w/ Adi	0900 Reformer w/ Barbara
		1000 Reformer w/ Adi		1000 Mat Pilates Class w/ Martina	1000 Reformer w/ Adi	1000 Reformer w/ Barbara
		1100 Reformer w/ Adi		1100 Mat Pilates Class w/ Martina	1100 Reformer w/ Adi	
				1200 Mat Pilates Class w/ Martina		
1 PM	1315 Reformer w/ Barbara		1315 Reformer w/ Barbara			
2 PM			1415 Reformer w/ Barbara			
3 PM						
4 PM		1530 Reformer w/ Adi				
5 PM		1630 Afternoon Reformer w/ Adi	1630 Afternoon Reformer w/ Lizzie			
6 PM		1715 Mat Pilates w/ Alessandra	1730 Reformer w/ Lizzie	1715 Mat Pilates w/ Alessandra		



February 9th-13th



Pilates Exercise Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8	9	10	11	12	13	14
8 AM		+1		+1			
9 AM			0900 Reformer w/ Adi ↻ 1000 Mat Pilates Class w/ Martina ↻	0900 Morning Studio w/ Lizzie ↻	0900 Mat Pilates Class w/ Martina ↻ 0900 Reformer w/ Adi ↻		
10 AM			1000 Mat Pilates Class w/ Martina ↻ 1000 Reformer w/ Adi ↻		1000 Mat Pilates Class w/ Martina ↻ 1000 Reformer w/ Adi ↻		
11 AM			1100 Mat Pilates Class w/ Martina ↻ 1100 Reformer w/ Adi ↻		1100 Mat Pilates Class w/ Martina ↻ 1100 Reformer w/ Adi ↻		
12 PM			1200 Mat Pilates Class w/ Martina ↻		1200 Mat Pilates Class w/ Martina ↻		
1 PM		1315 Reformer w/ Barbara ↻		1315 Reformer w/ Barbara ↻			
2 PM				1415 Reformer w/ Barbara ↻			
3 PM							
4 PM			1530 Reformer w/ Adi ↻ Afternoon Reformer w/ Adi Nuttall, Joseph ↻				
5 PM		1630 Afternoon Studio w/ Lizzie ↻ 1730 Afternoon Studio w/ Lizzie ↻	1630 Afternoon Reformer w/ Adi ↻ 1715 Mat Pilates w/ Alessandra ↻	1630 Afternoon Reformer w/ Lizzie ↻ 1730 Reformer w/ Lizzie ↻	1715 Mat Pilates w/ Alessandra ↻		
6 PM							

For the Pilates schedule
scan the QR code:



February 15th – 21st



Pilates Exercise Schedule

For the Pilates schedule
scan the QR code:



Sunday 15	Monday 16	Tuesday 17		Wednesday 18	Thursday 19		Friday 20	Saturday 21
8 AM				+1				
9 AM		0900 Reformer w/ Adi	1000 Mat Pilates Class w/ Martina	0900 Morning Studio w/ Lizzie	0900 Mat Pilates Class w/ Martina	0900 Reformer w/ Adi	0900 Reformer w/ Adi	0900 Reformer w/ Barbara
10 AM		1000 Mat Pilates Class w/ Martina	1000 Reformer w/ Adi		1000 Mat Pilates Class w/ Martina	1000 Reformer w/ Adi	1000 Reformer w/ Adi	1000 Reformer w/ Barbara
11 AM		1100 Mat Pilates Class w/ Martina	1100 Reformer w/ Adi		1100 Mat Pilates Class w/ Martina	1100 Reformer w/ Adi	1100 Reformer w/ Adi	
12 PM		1200 Mat Pilates Class w/ Martina			1200 Mat Pilates Class w/ Martina			
1 PM								
2 PM								
3 PM								
4 PM		1530 Reformer w/ Adi	Afternoon Reformer w/ Adi Nuttall, Joseph					
5 PM		1630 Afternoon Reformer w/ Adi	1715 Mat Pilates w/ Alessandra	1630 Afternoon Reformer w/ Lizzie	1730 Reformer w/ Lizzie	1715 Mat Pilates w/ Alessandra		
6 PM								



February 23rd – 28th



Pilates Exercise Schedule

	Sunday 22	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28
8 AM				+1			
9 AM			1000 Mat Pilates Class w/ Martina	0900 Morning Studio w/ Lizzie	0900 Mat Pilates Class w/ Martina		
10 AM			1000 Mat Pilates Class w/ Martina		1000 Mat Pilates Class w/ Martina		
11 AM			1100 Mat Pilates Class w/ Martina		1100 Mat Pilates Class w/ Martina		
12 PM			1200 Mat Pilates Class w/ Martina		1200 Mat Pilates Class w/ Martina		
1 PM		1315 Reformer w/ Barbara		1315 Reformer w/ Barbara			
2 PM				1415 Reformer w/ Barbara			
3 PM							
4 PM				1630 Afternoon Reformer w/ Lizzie			
5 PM			1715 Mat Pilates w/ Alessandra	1730 Reformer w/ Lizzie	1715 Mat Pilates w/ Alessandra		
6 PM							

For the Pilates schedule
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NO GROUP FITNESS CLASSES

SCHEDULED.

EDERLE FITNESS CENTER FRONT DESK

UNSTAFFED.

24/7 ACCESS ONLY

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

