

# Vicenza Fitness Center

~The Best in Europe~



Ederle Fitness Center

# HOOURS 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 24/7-UNSTAFFED

Training Holidays 7 a.m. – 7 p.m.

U.S. Holidays Not Staffed

# February 2nd-7th



# Pilates Exercise Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Feb 1</b>	2	3	4	5	6	7
8 AM				+1		
9 AM	<b>For the Pilates schedule scan the QR code:</b>	0900 Reformer w/ Adi	0900 Morning Studio w/ Lizzie	0900 Mat Pilates Class w/ Martina	0900 Reformer w/ Adi	0900 Reformer w/ Barbara
10 AM		1000 Reformer w/ Adi		1000 Mat Pilates Class w/ Martina	1000 Reformer w/ Adi	1000 Reformer w/ Barbara
11 AM		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		
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		1715 Mat Pilates w/ Alessandra	
6 PM		1715 Mat Pilates w/ Alessandra	1730 Reformer w/ Lizzie			



# February 9<sup>th</sup>-13<sup>th</sup>



# 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 1630 Afternoon Studio w/ Lizzie	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 15<sup>th</sup> – 21<sup>st</sup>



# Pilates **Exercise** Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
15	16	17	18	19	20	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/ 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/ Barbara
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							
2 PM							
3 PM							
4 PM		1530 Reformer w/ Adi	Afternoon Reformer w/ Adi Nuttall, Joseph				
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		

For the Pilates schedule  
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# February 23<sup>rd</sup> – 28<sup>th</sup>



# Pilates **Exercise** Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24	25	26	27	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						
5 PM		1715 Mat Pilates w/ Alessandra	1630 Afternoon Reformer w/ Lizzie	1715 Mat Pilates w/ Alessandra		
6 PM			1730 Reformer w/ Lizzie			

For the Pilates schedule  
scan the QR code:



**NO GROUP FITNESS CLASSES**

**SCHEDULED.**

**EDERLE FITNESS CENTER FRONT DESK**

**UNSTAFFED.**

**24/7 ACCESS ONLY**

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

