

# 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 **24/7-UNSTAFFED**

Training Holidays **7 a.m. – 7 p.m.**

U.S. Holidays **Not Staffed**

# February Mondays



V1

# GROUP EXERCISE

## SCHEDULE

0545-0615 S.L.A.M Express Class (Virtual Class via Zoom)

1000-1100 Zumba with Charmaine (GF1)

1205-1300 Cardio Strength w/Alessandra (GF1)

1200-1300 Hybrid Training w/Ambra (Canopy) Only Feb 2nd, and 16th

1830-1930 Brick City Spin w/ DaChef- SPECIAL CLASS \$10 (Spin Room)

1800-1900 Zumba with Sara \*FREE\*(GF1) No class Feb 16th

1800-1900 Karate w/Matthew (Combatives Room)





## February Tuesdays

# GROUP EXERCISE

## S C H E D U L E

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

1100-1145 \*FREE\* Fit Yoga w/ Raluca (GF1) **No Class Feb 10th**

1200-1300 Hybrid Training w/ Ambra (Canopy) **Only Feb 10th, and 24th**

1200-1300 Kettlebell with Isabella (GF1)

1730-1830 Zumba with Michelle (GF1)

1830-1930 HipHop Step Aerobics w/ DaChef (GF1)

1800-1900 Hybrid Training w/ Ambra (Canopy) **Only on Feb 24th**





# February Wednesdays

# GROUP EXERCISE

## SCHEDULE

0545-0615 S.L.A.M Express Class (Virtual Class via Zoom)

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

1000-1100 Zumba with Charmaine (GF1)

1130-1230 Brick City Spin w/ DaChef-**SPECIAL CLASS \$10** (Spin Room)

1200-1300 Hybrid Training w/ Ambra (Canopy) **Only on Feb 4th, and 18th**

1205-1300 Cardio Strength w/ Alessandra (GF1)

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

1800-1900 FREE Zumba with Sara (GF1)





# February Thursdays

# GROUP EXERCISE

## S C H E D U L E

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

1200-1300 Kettlebell Training with Isabella (GF1)

1200-1300 Hybrid Training w/ Ambra (Canopy) Only on Feb 12th, and 26th

1730-1830 Zumba with Michelle (GF1) No Class Feb 12th

1830-1930 HipHop Step Aerobics with DaChef (GF1)





# February Fridays

# GROUP EXERCISE

## SCHEDULE

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

1205-1300 Flex and Flow with Alessandra (GF1)

1800-1900 Karate w/ Matthew (Combatives Room)





# February Sundays

# GROUP EXERCISE

## SCHEDULE

1000-1100

Hybrid Training w/ Ambra (Canopy) Only Feb 7th, 14th and 28th





**January Sundays**

# **GROUP EXERCISE**

**S C H E D U L E**

**NO GROUP FITNESS CLASSES**

**SCHEDULED.**

**EDERLE FITNESS CENTER FRONT DESK**

**UNSTAFFED.**

**24/7 ACCESS ONLY**





# GROUP EXERCISE

S C H E D U L E

For the Pilates  
schedule scan the  
QR code:

