



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

Mondays



GROUP EXERCISE

S C H E D U L E

- 0700 Reformer Pilates w/ Lizzie Pilates Studio** no class 25 Aug
- 1000-1100 Zumba with Charmaine (GF1)**
- 1200-1300 Cardio Strength w/Alessandra (GF1)** class 4 and 25Aug Only
- 1630 Studio Pilates w/Lizzie Pilates Studio** no class 25 Aug
- 1730 Studio Pilates w/Lizzie Pilates Studio** no class 25 Aug
- 1800 Zumba with Sara **FREE** (GF1)**
- 1800-1900 Karate w/ Matthew** No class 18 Aug (Combative Room)



Tuesdays



GROUP EXERCISE

S C H E D U L E

0915-1015 S.L.A.M.

1100-1145 Fit Yoga w/ Raluca (GF1) No classes Aug 26

1200 Kettlebell with Isabella (GF1)

1730-1830 Zumba with Michelle (GF1) No Class 5 and 12 Aug

1830-1945 HipHop Step Aerobics with DaChef (Canopy area) No class 12 Aug





Wednesdays

GROUP EXERCISE

S C H E D U L E

0700 Reformer Pilates w/ Lizzie no class 25 Aug

0900 Studio Pilates w/ Lizzie no class 25 Aug

0915-1015 S.L.A.M.

1200-1300 Cardio Strenght w/ Alessandra (GF1) classes 6 and 25 Aug only

1630 Reformer Pilates w/ Lizzie no class 25 Aug

1700-1800 Align and FlowYoga w/ Regan GF1 No Class Aug 6

1730 Reformer Pilates w/ Lizzie no class 25 Aug

1800 FREE Zumba with Sara (GF1)



Thursdays



GROUP EXERCISE

SCHEDULE

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

1200-1300 Kettlebell Training With Isabella (GF1)

1730-1830 Zumba with Michelle (GF1) No Class 7 and 14 Aug

1830-1945 HipHop Step Aerobics with DaChef (Canopy Area) no Class 14 Aug



Fridays



GROUP EXERCISE

S C H E D U L E

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

1200-1300 Cardio Strength with Alessandra GF1) (No Class 15 and 22 Aug)

1800-1900 Karate w/ Matthew (Combative Room) (No class 15 Aug)



Saturdays



GROUP EXERCISE

SCHEDULE

0830-1030 HipHop Step Aerobics with DaChef (GF1)

