

# 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



# October Mondays



# GROUP EXERCISE SCHEDULE

1000-1100 Zumba with Charmaine (GF1)

1205-1300 Cardio Strength w/Alessandra (GF1) No class Monday 13 October

1800-1900 Zumba with Sara \*\*FREE\*\* (GF1) No class Oct 13

1800-1900 Karate w/ Matthew

1800-1900 Hybrid Training w/ Ambra Class 27 Oct only

For the Pilates schedule scan the QR code





## October Tuesdays

# GROUP EXERCISE SCHEDULE

0915-1015 S.L.A.M.

1100-1145 \*FREE\* Fit Yoga w/ Raluca GF1 No class 7 Oct

1200-1300 Power Pump w/Kaitlyn Canopy or GF1

1200-1300 Hybrid Training w/ Ambra (Canopy) Class on 7 and 14 Oct only

1200-1300 Kettlebell with Isabella (GF1)

1730-1830 Zumba with Michelle (GF1)

1800-1900 Hybrid Training w/ Ambra class 21 Oct only

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## October Wednesdays



# GROUP EXERCISE SCHEDULE

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

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

**1200-1300 Hybrid Training w/ Ambra** class 29 Oct only

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

**1700-1800 Align and Flow Yoga w/ Regan GF1** no class 15 Oct

**1800 FREE Zumba with Sara (GF1)** no class 1 Oct 13 Oct

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## October Thursdays

# GROUP EXERCISE

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

1200-1300 Power Pump w/Kaitlyn Canopy or GF1

1200-1300 Hybrid Training w/ Ambra **Class 2 October only**

1200-1300 Kettlebell Training with Isabella (GF1)

1730-1830 Zumba with Michelle (GF1) **no Class Oct 9**

1800-1900 Hybrid Training w/ Ambra **Class Oct 9 and 16 Only**

1830-1945 HipHop Step Aerobics with DaChef (Canopy Area) **no class 16 Oct**

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## October 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 AREA class 17 October only

1205-1300 Flex and Flow with Alessandra GF1 No class 31 October

1800-1900 Karate w/ Matthew no class 10, 24 and 31 oct

1800-1900 Hybrid Training w/Ambra CANOPY AREA Class 3 October only

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October Saturdays



# GROUP EXERCISE

## SCHEDULE

0830-1100 HipHop Step Aerobics w/ DaChef (Canopy area) **no Class 18 Oct**

1000-1100 Hybrid Training w/ Ambra (Canopy area) **Class 11 Oct Only**





October Sundays



# GROUP EXERCISE

## SCHEDULE

1000-1100 Hybrid Training w/ Ambra CANOPY AREA Class 5 and 26 October only




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# pilates

ON POST

## October

Monday	Tuesday	Wednesday	Thursday	Friday
		1 No Classes	2 No Classes	3 No Classes
6 No Classes	7 No Classes	8 9:00: Reformer w/ Adi 10:00: Reformer w/ Adi 11:00: Reformer w/ Adi	9 9:00 Reformer w/ Adi 10:00 Reformer w/ Adi 11:00 Reformer w/ Adi	10 9:00 Reformer w/ Adi 10:00 Reformer w/ Adi 11:00 Reformer w/ Adi
13 No Classes	14 9:00 Reformer w/ Adi 10:00 Reformer w/ Adi 11:00 Reformer w/ Adi 15:00 Reformer w/ Adi 16:00 Reformer w/ Adi	15 7:00: Reformer w/ Lizzie 9:00: Studio w/ Lizzie 16:30: Reformer w/ Lizzie 17:30: Reformer w/ Lizzie	16 9:00 Reformer w/ Adi 10:00 Reformer w/ Adi 11:00 Reformer w/ Adi	17 9:00 Reformer w/ Adi 10:00 Reformer w/ Adi 11:00 Reformer w/ Adi
20 7:00: Studio w/ Lizzie 16:30: Studio w/ Lizzie 17:30: Studio w/ Lizzie	21 9:00 Reformer w/ Adi 10:00 Reformer w/ Adi 11:00 Reformer w/ Adi 15:00 Reformer w/ Adi 16:00 Reformer w/ Adi	22 7:00: Reformer w/ Lizzie 9:00: Studio w/ Lizzie 16:30: Reformer w/ Lizzie 17:30: Reformer w/ Lizzie	23 9:00 Reformer w/ Adi 10:00 Reformer w/ Adi 11:00 Reformer w/ Adi	24 9:00 Reformer w/ Adi 10:00 Reformer w/ Adi 11:00 Reformer w/ Adi
27 7:00: Studio w/ Lizzie 16:30: Studio w/ Lizzie 17:30: Studio w/ Lizzie	28 9:00 Reformer w/ Adi 10:00 Reformer w/ Adi 11:00 Reformer w/ Adi 15:00 Reformer w/ Adi 16:00 Reformer w/ Adi	29 7:00: Reformer w/ Lizzie 9:00: Studio w/ Lizzie 16:30: Reformer w/ Lizzie 17:30: Reformer w/ Lizzie	30 9:00 Reformer w/ Adi 10:00 Reformer w/ Adi 11:00 Reformer w/ Adi	31 

**Pilates on Post  
Whatsapp group:**



**For scheduling:**



**Any questions:  
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