

Vicenza Fitness Center

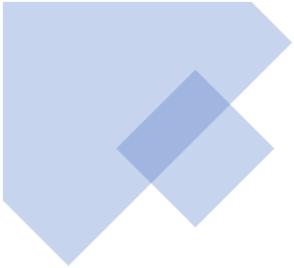
~The Best in Europe~

U.S. ARMY

SPORTS · FITNESS · AQUATICS

Personal
Training





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



March 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 Mar 2nd, and 23rd**

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

1800-1900 Zumba with Sara *FREE*(GF1) **No class Mar 9th**

1800-1900 Karate w/Matthew (Combatives Room)





March Tuesdays

GROUP EXERCISE SCHEDULE

- 0915-1015 S.L.A.M. (Basketball Court/ Track)
- 1100-1145 *FREE* Fit Yoga w/ Raluca (GF1) No Class March 17th
- 1200-1300 Hybrid Training w/ Ambra (Canopy) Only Mar 10th
- 1200-1300 Kettlebell with Isabella (GF1)
- 1730-1830 Zumba with Michelle (GF1) No Class Mar 31st
- 1830-1930 HipHop Step Aerobics w/ DaChef (GF1)
- 1800-1900 Hybrid Training w/ Ambra (Canopy) Only on Feb 24th



March 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 Mar 4th**

1205-1300 Cardio Strength w/ Alessandra (GF1)

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

1800-1900 FREE Zumba with Sara (GF1) **No Class on Mar 11th**



March Thursdays



GROUP EXERCISE

SCHEDULE

- 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 Mar 12th, and 26th**
- 1730-1830 Zumba with Michelle (GF1) **No Class Mar 19th & 26th**
- 1830-1930 HipHop Step Aerobics with DaChef (GF1)





March 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)



March Sundays



GROUP EXERCISE

SCHEDULE

1000-1100

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



January Sundays



GROUP EXERCISE SCHEDULE

**NO GROUP FITNESS CLASSES
SCHEDULED.**

**EDERLE FITNESS CENTER FRONT DESK
UNSTAFFED.**

24/7 ACCESS ONLY





GROUP EXERCISE SCHEDULE

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

