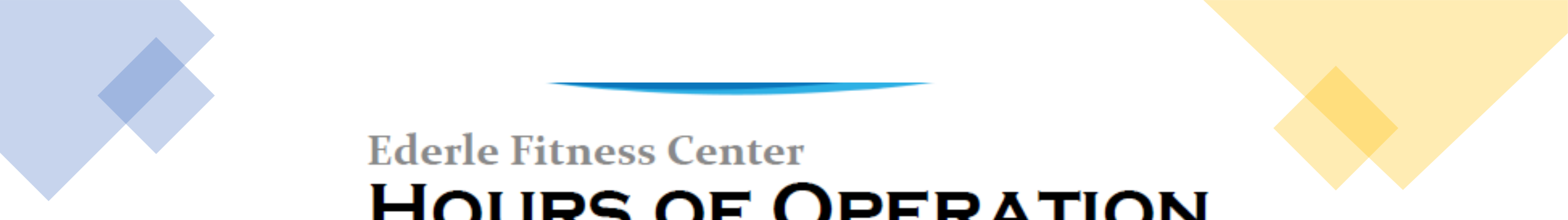


Vicenza Fitness Center

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

0700 Reformer Pilates w/ Lizzie Pilates Studio no class 1/22/29 Sept

1000-1100 Zumba with Charmaine (GF1)

1200-1300 Hybrid Training w/ Ambra Class 01 and 15 Sept only

1205-1300 Cardio Strength w/Alessandra (GF1)

1200-1300 Power Pump w/ Steffi (GF1)

1630 Studio Pilates w/Lizzie Pilates Studio

1730 Studio Pilates w/Lizzie Pilates Studio

1800-1900 Zumba with Sara **FREE** (GF1) no class 1 and 29 Sept

1800-1900 Karate w/ Matthew No Class 8 Sep





Tuesdays

GROUP EXERCISE S C H E D U L E

0900;1000; 1100; 1530 and 1630 Pilates Reformer w/Adi

0900-1000 Zumba with Charmaine (GF1)

0915-1015 S.L.A.M.

1100-1145 Fit Yoga w/ Raluca (GF1) **FREE No classes Sep 23**

1200-1300 Hybrid Training w/ Ambra Class on 9 Sept only

1200 Kettlebell with Isabella (GF1)

1730-1830 Zumba with Michelle (GF1)

1800-1900 Hybrid Training w/ Ambra 23 Sept Only

1830-1945 HipHop Step Aerobics with DaChef (Canopy area)





Wednesdays

GROUP EXERCISE

SCHEDULE

0700 Reformer Pilates w/ Lizzie **No classes 3 and 24 Sept**

0900 Studio Pilates w/ Lizzie

0915-1015 S.L.A.M.

1000-1100 Zumba with Charmaine (GF1)

1205-1300 Cardio Strength w/ Alessandra (GF1)

1630 Reformer Pilates w/ Lizzie **no class 25 Aug**

1700-1800 Align and FlowYoga w/ Regan GF1

1730 Reformer Pilates w/ Lizzie **no class 25 Aug**

1800 FREE Zumba with Sara (GF1)

1800-1900 Hybrid Training w/ Ambra **No class Sept 10**





Thursdays

GROUP EXERCISE

S C H E D U L E

0900 Pilates Reformer with Adi

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

0900-1000 Zumba with Charmaine (GF1)

1000 Pilates Reformer with Adi

1100 Pilates Reformer with Adi

1200-1300 Hybrid Training w/ Ambra Class 11 Sept

1200-1300 Kettlebell Training with Isabella (GF1) - No class on 11 Sep

1730-1830 Zumba with Michelle (GF1)

1800-1900 Hybrid Training w/ Ambra Class Sept 11 Only

1830-1945 HipHop Step Aerobics with DaChef (Canopy Area)



Fridays



GROUP EXERCISE

S C H E D U L E

0900 Pilates Reformer w/Adi

0900-1000 Zumba with Charmaine (GF1)

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

1000 Pilates Reformer w/Adi

1200-1300 Hybrid Training w/ Ambra CANOPY AREA no class 12 and 26 Sept

1100 Pilates Reformer w/Adi

1205-1300 Cardio Strength with Alessandra GF1

1800-1900 Karate w/ Matthew



Saturdays



GROUP EXERCISE

SCHEDULE

0830-1030 HipHop Step Aerobics with DaChef (GF1) No class 20 Sept

1000-1100 Hybrid Training w/ Ambra Canopy area Class 13 Sept Only

