

Vicenza Fitness Center

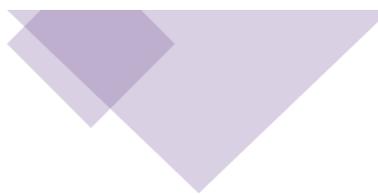
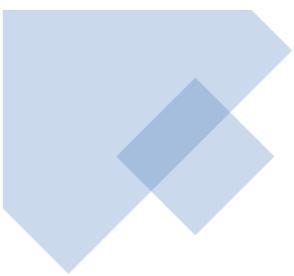
~The Best in Europe~

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 24/7-UNSTAFFED

Training Holidays 7 a.m. – 7 p.m.

U.S. Holidays Not Staffed



March 2nd-7th



Pilates Exercise Schedule

Sunday Mar 1	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7
6 AM						
7 AM						
8 AM						
9 AM						
10 AM						
11 AM						
12 PM						
1 PM						
2 PM						
3 PM						
4 PM						
5 PM						
6 PM						

For the Pilates schedule scan the QR code:



0700 Morning Reformer w/ Lizzie

0900 Mat Pilates Class w/ Martina

0900 Reformer w/ Adi

0900 Morning Studio w/ Lizzie

0900 Mat Pilates Class w/ Martina

0900 Reformer w/ Adi

0900 Reformer w/ Adi

0900 Reformer w/ Barbara

1000 Mat Pilates Class w/ Martina

1000 Reformer w/ Adi

1000 Mat Pilates Class w/ Martina

1000 Reformer w/ Adi

1000 Reformer w/ Adi

1000 Reformer w/ Barbara

1100 Mat Pilates Class w/ Martina

1100 Reformer w/ Adi

1100 Mat Pilates Class w/ Martina

1100 Reformer w/ Adi

1100 Reformer w/ Adi

1200 Mat Pilates Class w/ Martina

1200 Mat Pilates Class w/ Martina

1315 Reformer w/ Barbara

1315 Reformer w/ Barbara

1415 Reformer w/ Barbara

1600 Afternoon Reformer w/ Adi

1630 Afternoon Reformer w/ Lizzie

1715 Mat Pilates w/ Alessandra

1730 Reformer w/ Lizzie

1715 Mat Pilates w/ Alessandra



March 9th-13th



Pilates Exercise Schedule

Sunday 8	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14
6 AM						
7 AM	0700 Morning Studio w/ Lizzie		0700 Morning Reformer w/ Lizzie			
8 AM						
9 AM		0900 Mat Pilates Class w/ Martina	0900 Reformer w/ Adi	0900 Morning Studio w/ Lizzie	0900 Mat Pilates Class w/ Martina	0900 Reformer w/ Adi
10 AM		1000 Mat Pilates Class w/ Martina	1000 Reformer w/ Adi		1000 Mat Pilates Class w/ Martina	1000 Reformer w/ Adi
11 AM		1100 Mat Pilates Class w/ Martina	1100 Reformer w/ Adi		1100 Mat Pilates Class w/ Martina	1100 Reformer w/ Adi
12 PM		1200 Mat Pilates Class w/ Martina			1200 Mat Pilates Class w/ Martina	
1 PM						
2 PM	1315 Reformer w/ Barbara		1315 Reformer w/ Barbara			
3 PM			1415 Reformer w/ Barbara			
4 PM		1600 Afternoon Reformer w/ Adi				
5 PM	1630 Afternoon Studio w/ Lizzie		1630 Afternoon Reformer w/ Lizzie			
6 PM	1730 Afternoon Studio w/ Lizzie	1715 Mat Pilates w/ Alessandra	1730 Reformer w/ Lizzie	1715 Mat Pilates w/ Alessandra		

For the Pilates schedule

scan the QR code:



March 15th – 21st



Pilates Exercise Schedule

	Sunday 15	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21
6 AM							
7 AM				0700 Morning Reformer w/ Lizzie			
8 AM							
9 AM			0900 Mat Pilates Class w/ Martina ↻	0900 Morning Studio w/ Lizzie ↻	0900 Mat Pilates Class w/ Martina ↻	0900 Reformer w/ Adi ↻	0900 Reformer w/ Barbara ↻
10 AM			1000 Mat Pilates Class w/ Martina ↻		1000 Mat Pilates Class w/ Martina ↻	1000 Reformer w/ Adi ↻	1000 Reformer w/ Barbara ↻
11 AM			1100 Mat Pilates Class w/ Martina ↻		1100 Mat Pilates Class w/ Martina ↻	1100 Reformer w/ Adi ↻	
12 PM			1200 Mat Pilates Class w/ Martina ↻		1200 Mat Pilates Class w/ Martina ↻		
1 PM		1315 Reformer w/ Barbara ↻		1315 Reformer w/ Barbara ↻			
2 PM				1415 Reformer w/ Barbara ↻			
3 PM							
4 PM			1600 Afternoon Reformer w/ Adi ↻	1630 Afternoon Reformer w/ Lizzie ↻			
5 PM			1715 Mat Pilates w/ Alessandra ↻	1730 Reformer w/ Lizzie ↻	1715 Mat Pilates w/ Alessandra ↻		
6 PM							

For the Pilates schedule scan the QR code:



March 23rd – 28th



Pilates Exercise Schedule

Sunday 22	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28
6 AM						
7 AM	0700 Morning Studio w/ Lizzie		0700 Morning Reformer w/ Lizzie			
8 AM						
9 AM		0900 Mat Pilates Class w/ Martina	0900 Morning Studio w/ Lizzie	0900 Mat Pilates Class w/ Martina		
10 AM		1000 Mat Pilates Class w/ Martina		1000 Mat Pilates Class w/ Martina		
11 AM		1100 Mat Pilates Class w/ Martina		1100 Mat Pilates Class w/ Martina		
12 PM		1200 Mat Pilates Class w/ Martina		1200 Mat Pilates Class w/ Martina		
1 PM	1315 Reformer w/ Barbara		1315 Reformer w/ Barbara			
2 PM			1415 Reformer w/ Barbara			
3 PM						
4 PM	1630 Afternoon Studio w/ Lizzie		1630 Afternoon Reformer w/ Lizzie			
5 PM	1730 Afternoon Studio w/ Lizzie		1730 Reformer w/ Lizzie	1715 Mat Pilates w/ Alessandra		
6 PM		1715 Mat Pilates w/ Alessandra				

For the Pilates schedule scan the QR code:



March 30th – 31th



Pilates Exercise

Schedule

	Sunday 29	Monday 30	Tuesday 31
6 AM			
7 AM			
8 AM			
9 AM			0900 Mat Pilates Class w/ Martina
10 AM			1000 Mat Pilates Class w/ Martina
11 AM			1100 Mat Pilates Class w/ Martina
12 PM			1200 Mat Pilates Class w/ Martina
1 PM		1315 Reformer w/ Barbara	
2 PM			
3 PM			
4 PM			
5 PM			1715 Mat Pilates w/ Alessandra
6 PM			

For the Pilates schedule scan the QR code:



NO GROUP FITNESS CLASSES

SCHEDULED.

EDERLE FITNESS CENTER FRONT DESK

UNSTAFFED.

24/7 ACCESS ONLY

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schedule scan the
QR code:**

